

BBC

goodfood

September 2022
DHS15

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Middle East

AFTER-SCHOOL SNACKS

- Mini quiches
- Fruity skewers with yogurt dip
- Raspberry & pistachio teacakes

KIDS' KITCHEN

A six-part series to teach children essential cooking skills

CELEBRATE
ROSH
HASHANAH

PERSIAN FEAST

A sumptuous sharing-style menu



CPI

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Pavilion
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Welcome!

It's Back-to-school season! Back to the buzz of the academic year, to prepping early breakfasts, lunchboxes and on-the-go snacks for the ride to school. Parents, we understand the necessity for convenient meals, especially now as you get back into routine.

Our no-cook midweek meals (p22) may be your solution for easy, wholesome meals come dinnertime, or even after school. You will also find microwave cooking tips and recipes (p14) for efficient meals when you're rushed for time. Surprise your co-workers, family and friends with decadent puddings - turn to page 30 for classic creations. Entertaining friends over the weekend, or while children are at school? Find plenty of bakes, Persian specials, and meal inspiration within the *Easy* and *Weekend* sections. If you're visiting a friend this Jewish New Year, or embracing the occasion at home, try this authentic brisket on page 52.

The September issue is packed with after-school bites (p54) for children, pastry ideas (p66) as well as an all-new Kids' Kitchen cooking series (p70), for kids and teens to perfect their cookery skills with a step-by-step guide. If you're in need of a staycation to beat the summer blues, or to celebrate the first month of settling children back into school, read our review on page 83 for a family escape in Dubai.

Happy reading!



Nicola Monteath

Editor

WHAT WE'RE LOVING!



"A nutritious no-cook bowl! Yes, please! This is incredibly easy to put together and packs in the nutrients I need to get me through a busy weekday," says Sales manager, Liz.



"A great way to use up Greek yogurt and eggs that have been in the fridge for days. I'll be making this classic pudding the next time friends come over," says graphic designer, Froilan.



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★ FAMILY

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Children can help parents whip up these bites at home.

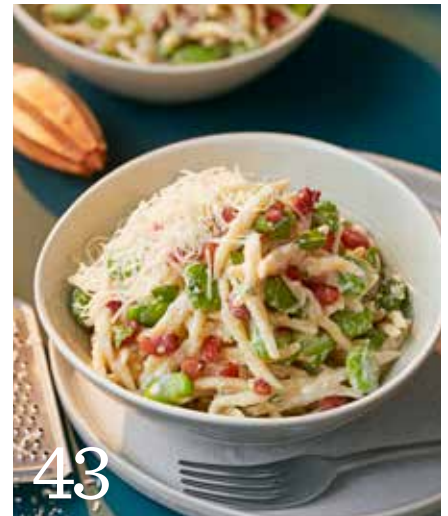
70 KIDS' KITCHEN

With easy-to-follow instructions, let your children attempt these recipes on their own, with guidance.

★ HEALTH

78 5 HEALTHY WAYS

A pantry staple, canned beans, adds vibrancy to numerous dishes when done right. Add it to a jambalaya or stew or turn to this page for more inspiration.



80 ONE-PAN HOTPOT

This Spiced chicken one pot lends Moroccan flavour notes and is apt for a cosy dinner with family and friends.

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83 THE SUITE LIFE

Indulge in a staycation at St. Regis The Palm. A fun, family escape with everything you need within distance.



★ COMPETITIONS

87 Gift vouchers, meals and plenty more.

Our recipe descriptions

- V** Suitable for vegetarians.
- ❄** You can freeze it.
- ❄** Not suitable for freezing.
- Easy** Simple recipes even beginners can make.
- A little effort** These require a bit more skill and confidence – such as making pastry.
- More of a challenge** Recipes aimed at experienced cooks.
- Low fat** 12g or less per portion.
- Low cal** 500 calories or less per main.

- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

- 1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

BBC gf STAR LETTER



Hi team! I liked the *Quick cakes* section from this month's issue. I even tried one of the recipes: the microwave peanut butter & jam brownies. I am a good cook when it comes to savoury recipes because I can improvise in case I don't have the exact ingredients, and it still tastes good. But with sweets and cakes, I'm not talented. Quick and simple recipes like microwave brownies are my safest choice, so thank you for that. Keep it up!

Bianca Olariu



The August issue is all about saving. Very timely tips in these times, when the price of everything is going up. You gave tips on reducing food wastage thus helping us save extra Dirhams. I didn't know some foods can be frozen to prolong life, like eggs, cooked pasta, and tomato sauce. You also gave ideas on leftover foods to make enjoyable dishes. Going to try the salmon pasta when I get the chance.

Joel Lopez



Honestly, the most amazing recipes in the August issue! I've taken so many screenshots to try them out. The Mexican corn soup was a winner so far. Loved the honey recipe tips, will definitely try them out. Nice new restaurants to try out as well, that we haven't seen before.

Jamina Khadraoui

WIN!

A CULINARY HAMPER FROM RENARTE, WORTH OVER AED1,050

RENARTE is a global hospitality supplies company with over 40 world-renowned brands under their distribution in the Middle East. The brand boasts an exhaustive and remarkable selection of products, ranging from complete kitchen equipment and crockery, cutlery, tabletop items, tableware, porcelain, glassware and flatware, to catering equipment, bar and stewarding gear and an impressive array of table linen. RENARTE's range of quality hospitality supplies is carefully curated to gratify and complement every need of every hotelier. One lucky winner will win a pre-packaged hamper from RENARTE, brimming with an exquisite selection of crockery, cutlery, and serve ware, for an unforgettable restaurant-level dining experience at home.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: [f](https://www.facebook.com/bbcgoodfoodme) [t](https://twitter.com/bbcgoodfoodme) [You Tube](https://www.youtube.com/bbcgoodfoodme) [p](https://www.pinterest.com/bbcgoodfoodme) @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



DUBAI'S FIRST NON-ALCOHOLIC BAR

NoLo offers the same refined bar experience with inventive craft 0% cocktails. Nestled in a tiny alley just off the bustling Market Square at Dusit Thani, is this 0% cocktail lair. Must-try signature mixes include Lavender bee's knees royale (Lyre's London Dry, lemon juice, lavender honey, Lyre's Classico Grande), Smoked honeycomb old fashion (Lyre's American Malt, smoked honey syrup, non-alco aromatic bitters), Sicilian spritz (Lyre's Italian Spritz, lemon juice, orange vanilla reduction, Lyre's Classico), and the Spice Date Espresso Martini (Lyre's Dark Cane, cold espresso, spice date syrup), for a Middle Eastern touch.

Nibble on exotic fruity flavours of gourmet liquorice with LAKRIDS BY BÜLOW. The Danish brand offers an incredible range of new flavours blended in their chocolate-coated variations. Flavours include Passion fruit (coated in white chocolate and passion fruit), W - GOLD featuring the tartness of raspberries and the sweetness of white chocolate, rolled in golden dust, and the Power Shake (notes of vanilla, banana and fresh strawberries, all swirled in luscious white chocolate).

From AED50 at store locations in The Dubai Mall, Dubai Marina Mall, Atlantis Hotel Dubai and Deliveroo.

THE BEST BITES



NEW IN TOWN!

The gourmet grab-and-go concept, Jones the Grocer Express store, has opened its doors at Gate District Precinct Building 5, Level 2, DIFC, offering a casual spot with over 50 seats, and an outdoor terrace with lounge-style seating. The menu features gourmet sandwiches and bagels made with house-baked bread, freshly made pastries, hot savoury pies, soups and zesty salads at display counters. Expect an all-new rotating à la carte breakfast and lunch menu, in addition to Jones the Grocer's signature coffee roast, smoothies, sparkling organic sodas, roast nuts, snacks and more. The express store will also boast a digital pre-order service developed specifically for DIFC's diners, allowing them to browse through the menu and order food and drink ahead of time, for collection in-store.

Visit jonesthegrocer.com

Low-cal goodness



Homegrown brand Nicecream makes its debut with better-for-you, nostalgic treats. Apt for the season, the ice cream is made with the freshest ingredients, and zero sugars, and is just under 100 calories per serving. Available in five flavours, try the Sea Salt Caramel with swirls of caramel sauce, the Birthday Cake with rainbow sprinkles spread throughout a milk-based ice cream, smokey hints of hazelnut and premium chocolate in the Hazelnut Chocolate Fudge, Mint Chocolate Chip, and Chocolate Chip Cookie Dough with cookie dough chunks. Each tub is well under 400 calories.

Available on Deliveroo, Talabat and Chatfood.



Back-to-school Season

Breakfast, school lunches and after-school snacks are sorted with the latest food range from Marks & Spencer. Before heading out for the school run, try the Mango, Passionfruit & Pineapple Smoothie loaded with Vitamin C. For bites on the go, choose from high-protein Taste Buds Apple Slices, filling Nuts, Oats & Honey cereal bars, or a selection of croissants. Fill your child's lunch box with juicy, nutritious Mango Chunks and Yoghurt Coated Strawberries, or fruit and veg crisps. You could also sneak in a Colin Mini Faces white chocolate treat for a surprise. Additionally, the M&S' kid-friendly range offers Taste Bud: Little Fishies made from 100% cod fish-shaped pieces coated in golden breadcrumbs and Tomato & Cheese pasta, both apt for a stress-free, convenient meal after school.

Available at Dubai Festival City, Dubai Hills, Yas Mall, Dubai Mall, Mall of the Emirates, The Springs Souk and Nakheel Mall or the M&S Food App.



ECCENTRIC MENU ADDITIONS AT PLAY RESTAURANT & LOUNGE

Expect curated classics with the renowned PLAY twist



The trendsetters of introducing global culinary avant-garde with a side of intrigue, PLAY has held the spotlight for a bold, immersive and unrivalled experience, ever since it was established in 2016. The newly launched menu lends the same energy and enthusiasm, offering a glimpse into a wonderland of exotic delights.

Discover “Shiny Flakes” as you embark on a culinary voyage, a take on the classic Burrata dish following the PLAY kitchen philosophy of creatively using ingredients to create sweetness and sourness by combining a passionfruit extract with a tangy sesame goma, perfectly complementing the cheese. Continue the adventure with the eye-catching “Better Than Shrimp” or “Beets By Play” for vegans and vegetarians, that marries cranberries and the flavour and texture of almond yoghurt-based cilantro and lime ice cream for a unique view on beetroots.

The “Gift From The Pyrenees” features lamb, as it is smoked with hay in front of diners for an emotional experience of the French Pyrenees. New additions such as the “Pacific Yellow Tail” is perfect

for fish lovers as the old classic is combined with a refined and tangy tomato, olive and onion sugo, detailed with a fresh basil extract and finished with a carefully sourced olive oil.

In addition to this exquisite menu launch, PLAY is expanding into Play Dining Group, to showcase luxe never-seen-before concepts in the UAE and across the globe. The group is well en route to expanding its footprints, including a residency in Los Angeles, London, Maldives, Jeddah, and Riyadh, in the near future.

Dedicated to the evolution of ideas, Play Dining Group will elevate fine dining, day life as well as nightlife experiences for guests worldwide. Built upon years of proven success, the group will conceptualise venues that cater to those who prefer daytime dining by the poolside that seamlessly transform into evening soirees, to the guests seeking a nocturnal extravaganza, all united with refined gastronomical expeditions.

Visit <https://playrestaurants.com/> for more information

Flavours of the month

What's hot and happening
around town this month

👉 JW MARRIOTT MARQUIS HOTEL DUBAI

Restaurant Month is back from September 9th to October 9th. Explore signature menus at nine restaurants, where you can indulge in cuisines from all across the globe. Take your pick from Kitchen6, offering an international buffet, or the refined Prime68 steakhouse hailed for premium cuts and the Dubai skyline view. Adding to the portfolio of participating restaurants is the trendy locale "Lush Burger" overlooking the Dubai Canal. You can also savour kebabs at Rang Mahal, authentic classics and street food culture from the Far East at Tong Thai, sushi and more at Izakaya and gourmet pub grub at Bridgewater Tavern.

Signature venues will be serving menus for AED199, while casual dining venues offer a special menu for AED99. Contact +9714 414 0000.



👉 BEDROCK, PIER 7

This one-of-a-kind concept has evolved the sports bar scene in the city, offering 20 TV screens, the latest technology in darts, and the region's best indoor golf simulator for competitive socializing. The X-Golf simulator in 'The Bunker' takes centre stage at the venue, while five state-of-the-art darts boards with digital scoring and game options, make this venue a great hangout spot any day of the week. A game isn't complete without snacks or a meal after. The menu comprises steak frites, a succulent 300g Tajima Wagyu rump, nachos, fresh salads, Neapolitan pizzas and more.

Contact: +97145781668



A Modern Turkish Dining Experience

COMING
SOON



HAYAL

- FLAVOURS OF ISTANBUL -

f @ HayalDubai

ST REGIS
DOWNTOWN DUBAI



👉 EPITOME, ALOFT CREEK

Dubai's first fully licensed vegan and vegetarian restaurant unveiled a menu featuring meat-free and dairy-free cuisine from across the globe. This all-vegetarian lounge and restaurant now offers delights such as dim sum, tofu churros, blackjack pillows filled with corn and leeks, zucchini, green mango, jalapeno salsa, and lemon sour cream, to whet your appetite. Follow with tofu cannelloni and the Asian ruby martini featuring blush red noodles with crunchy Asian veggies, served in a jumbo martini glass with hot garlic sauce. Polish off your meal with the 24-karat gold dust mango cheesecake, amongst other decadent treats.

Contact +97154 705 8750 or +97154 705 3870.



👉 RSVP

Dubai's latest modern French fine dining concept has opened its doors at Boxpark, Al Wasl. Curated and managed by Atelier House Hospitality, the F&B consultancy firm behind Michelin-star 11 Woodfire, award-winning DIFC restaurant Marea, and the renowned homegrown concept Mohalla, RSVP is inspired by French traditions, combining the elegance of an old-world French eatery with a Mediterranean touch and subtle Asian influences. Menu highlights include carpaccio of sea bass with stracciatella basilic oil and raspberry; wagyu tartare on toasted brioche with fine Russian Osetra caviar; yellowtail topped with ginger, chives, tosa-zu sauce and smoked sesame oil; Côtelette d'agneau in teriyaki sauce; and accra fried minced cod with Caribbean sauce to name a few dishes.

Contact +9714 265 5007.

👉 HAKKASAN ABU DHABI, EMIRATES PALACE HOTEL



Embark on a refreshing Cantonese Journey with the launch of the new menu. Prepared with locally sourced ingredients, the curated menu features three courses commencing with a fresh cuttlefish salad with zesty lemongrass dressing, a dim sum duo, and crispy eggplant with Chinese five spice. Mains

include sticky sesame chicken, wok-fry local wild prawn with XO sauce, stir-fry baby bok choy with garlic, and fried trio organic rice. To finish, feast on the exquisite blueberry cheesecake.

AED298 per person. Available daily from 6-11.30pm Contact +9712 690 7739.

👉 CIPRIANI DOLCI



Cipriani announces the expansion of their Pasticceria concept, Cipriani Dolci, with the launch of the first outpost in Abu Dhabi at Marina Mall - making it the third outpost in the UAE. The sprawling space covers 3,800 square feet, with a capacity of 100 guests. Designed to offer a

chic ambience and guarantee an upscale experience, diners can indulge in an array of classics, including Baked Tagliolini, "Seabass alla Carlina", "Carpaccio alla Cipriani", and an extensive breakfast menu. Additionally, the outpost will feature a classic "Vetrina" displaying a variety of traditional Italian pastries, including cakes, tarts, bomboloni and cannoli.



👉 JAMIE'S ITALIAN

Jamie Oliver Restaurants is now open at Dubai Hills Mall. The second Jamie's Italian outlet in Dubai boasts an al fresco dining area with stunning views of the surrounding neighbourhood. The brand prides itself on an extensive menu featuring antipasti, freshly made pasta and pizzas, hearty mains and wholesome salads. Don't miss the chefs modern twists on Italian favourites, such as creamy burrata, tagliatelle bolognese, and truffle shuffle pizza.

Ground Floor of the Dubai Hills Mall – Entrance 3.

MAIZ

A new fine-dining destination concept created by Al Khozama, along with the Saudi Ministry of Culture, Saudi Heritage Commission, Saudi Culinary Commission, and Diriyah Gate Development Authority (DGDA) brings forth an authentic experience that entails Saudi cuisine, culture and heritage. Diners can expect distinctive Saudi dishes prepared with a contemporary flair, alongside a new food genre which will be referred to as The Saudi Food.



GCC

LOBBY CAFÉ, HILTON DOHA THE PEARL HOTEL AND RESIDENCES

Those living in Doha, or visiting the city, can catch up with friends over Afternoon tea. Diners are in for a traditional experience starring an elegantly presented, vibrant display of delicate sandwiches and savouries, creative sweet treats, and traditional scones with jam and clotted cream, all served with guests' preferred tea selection.

Contact +974 4492 4625





ORIGAMI EXPANSION ON THE HORIZON

A firm fixture within Dubai's culinary scene, Origami is hailed for its premium Japanese cuisine offerings

Setting roots in the city over eight years ago, Origami has become a go-to spot for fresh, quality-grade sushi, that's casually accessible. The brand's journey commenced at the flagship store on the top floor of the Souq mall at Fishing Harbour 3, Jumeirah, Dubai. A standing testament against the burgeoning F&B scene, Origami has now expanded to four locations across the country.

Holding the same set of values, Origami has undergone a makeover with an all-encompassing approach to create a holistic experience that balances the ethos of authentic and modern-day Japanese culture. With a refined menu, a brand revamp, and novel spatial language, Origami manifests the culture's value and appreciation for treating any practice with great care and consideration. The brand values acknowledgement of tradition, retaining custom and ritual amid progression. Its overarching unembellished and simplistic approach commemorates Japanese aesthetics.

The latest outposts at The Dubai Mall and Aljada, Sharjah, offer an immersive retrieval of Japan's most revered underground sushi bars, showcasing simple yet significant elements that are reminiscent of the culture's culinary traditions. Materials such as rammed clay, matted tiles and textured glass, alongside the play of light and shadow, create a humbling yet elevated environment, highlighting simplicity and refinement. The architectural temple-like structure houses the respected craftsmanship of culinary art. An innovative dining experience is tucked away behind large volumes, fostering curiosity for what lies within.

Succeeding the first location outside of Dubai in Aljada, Origami has unveiled its entry into Abu Dhabi, with global expansion plans thereafter. The new location in the country's capital is set to open its doors at Al Bateen mall by the end of 2022. Reflecting the brand's relaunch, Origami will project a steadfast set of values.

new series

Your guide to microwave cooking

Here, we offer advice on balancing the rising cost of living. This month, we share recipes from food writer **Elaine Lemm**, all cooked in the microwave for more efficient use of energy

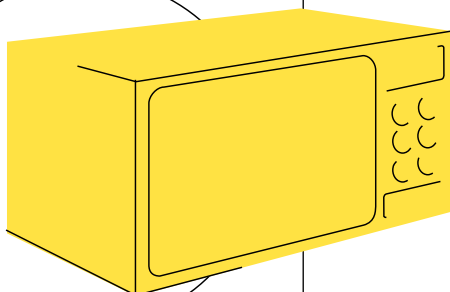
words and recipes ELAINE LEMM

It's incredible what you can rustle up at the touch of a button. From chocolate cake to butternut squash risotto, microwaves can add an extra dimension to your cooking, while saving valuable time and electricity costs. They're more energy-efficient than turning on the oven – a jacket potato can be ready in just 10 minutes if you use the microwave rather than baking it in the oven for an hour. They are the workhorse of a busy kitchen, and it's no surprise that 93% of households own one.

Which setting to use



All cooking times are based on a 900W oven. Adjust times accordingly for other wattages. The recipes are cooked on full power unless stated otherwise.



“

Microwaves can add an extra dimension to your cooking, while saving valuable time

”



goodfood
**COOK
SMART**

Garam masala vegetable curry

Unbelievably, this vibrant curry can be on your table in less than 20 minutes. The curry is rich with nourishing spices, spinach, coriander, chickpeas and coconut in thick tomato sauce, then finished with lime juice for extra zing. All you need is steamed basmati rice or a couple of naan breads to go alongside.

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY** **V**

1 tbsp coconut oil
½ onion, finely chopped
1 tsp ginger paste
1 tsp garlic paste
1 tbsp tomato purée
½ tsp turmeric paste or 1 tsp ground turmeric
2 tsp garam masala
½ tsp cumin
½ tsp ground coriander
400g can chopped tomatoes
50g baby spinach leaves, washed
400g can chickpeas, drained
100ml coconut milk
1 tbsp finely chopped coriander, plus 1 tbsp chopped coriander leaves to garnish
1 tsp lime juice
basmati rice or naan, to serve

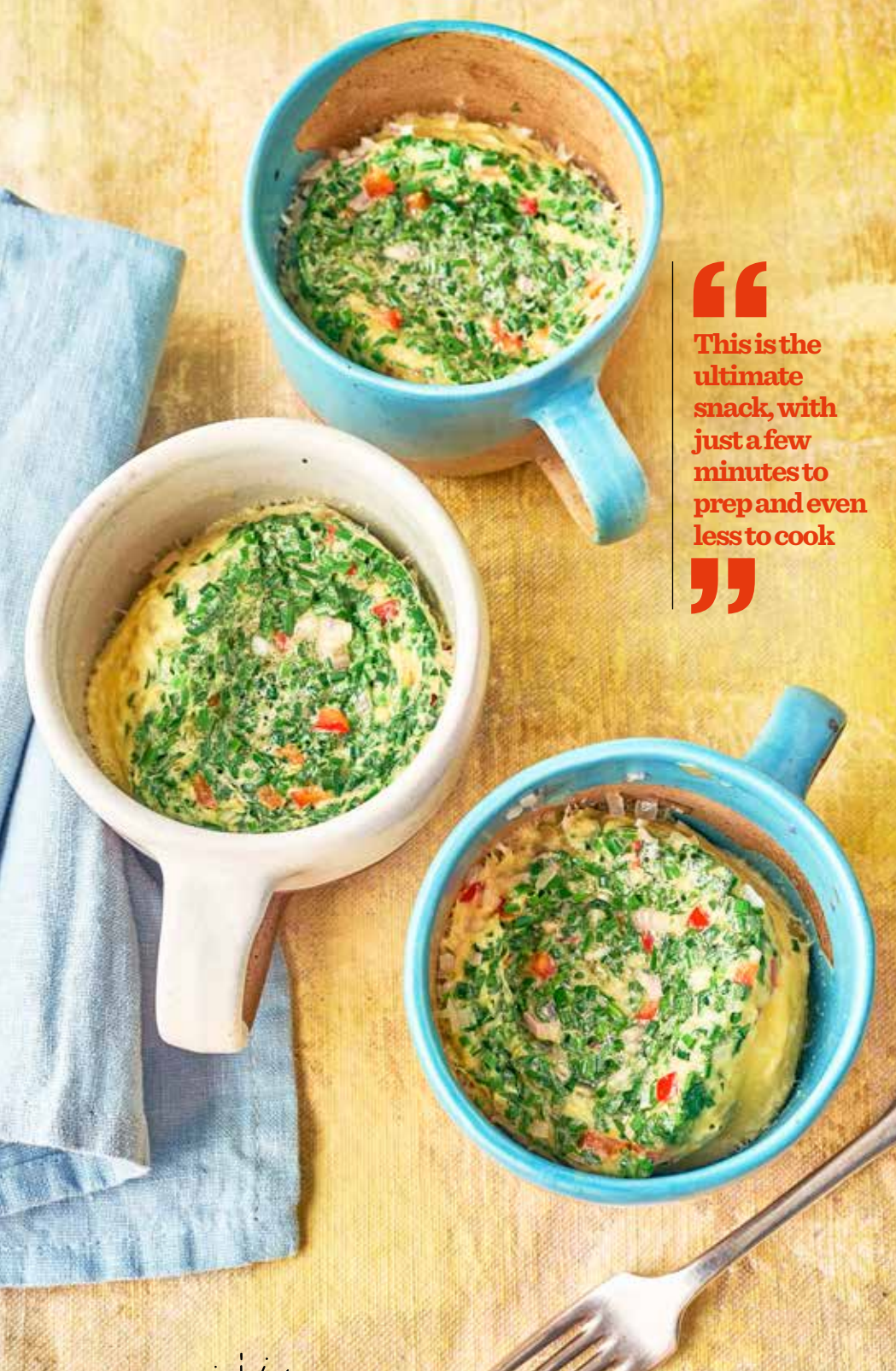
1 Put the coconut oil in a microwavable dish or bowl and cook for 30 seconds or until melted. Add the chopped onion, stir well and cook for another 1 min.

2 Add the ginger, garlic, tomato purée, turmeric, spices and a good pinch of salt to the cooked onions. Stir well and cook for 1 min to warm up the spices – you will be able to smell them when you open the microwave.

3 Add the tomatoes, spinach leaves, chickpeas, coconut milk and chopped coriander, and stir well. Cook for 2 mins, then stir again, followed by another 2 mins. The curry should be bubbling slightly. If not, give it another minute.

4 Add the lime juice and serve immediately, with basmati rice or naan bread on the side and a sprinkling of coriander leaves.

GOOD TO KNOW vegan • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 374 kcal • fat 19g • saturates 13g • carbs 32g • sugars 12g • fibre 10g • protein 14g • salt 0.2g



“

This is the ultimate snack, with just a few minutes to prep and even less to cook

”

Mug omelette

Be it breakfast, lunch or supper, when you're feeling hungry or need to rustle something up quickly for someone else, you can't go far wrong with a microwave mug omelette. This is the ultimate fast snack, with just a few minutes to prep and even less to cook. For success, less is more with the cooking. Do not try to cook the omelette in one go – it needs 20-second bursts, followed by a light stir until the egg starts to firm up. For variations on the recipe, try changing the vegetables, herbs, and even the cheese.

SERVES 1 PREP 5 mins

COOK 5 mins EASY V

1 tsp salted butter
1 tsp shallot, finely chopped
2 eggs
1 tbsp parsley, finely chopped
1 tbsp sweet red pointed pepper, finely diced
1 tbsp chives, chopped
1 tbsp mature cheddar, grated

1 Put the butter and chopped shallot into a microwavable mug. Cook for 30 seconds, remove from the microwave and stir. Let the mug cool down a little, then swish the butter and shallot around the mug to coat the sides lightly.

2 In a bowl or jug, beat the eggs with a fork, then add the parsley, peppers, chives, cheese and a small pinch each of salt and black pepper.

3 Pour the egg mixture into the mug and return it to the microwave, cook for 20 seconds. Next, open the microwave and stir the egg, repeat the cooking for 20 seconds and stir again. Finally, cook for another 20 seconds, during which time the egg will start to set.

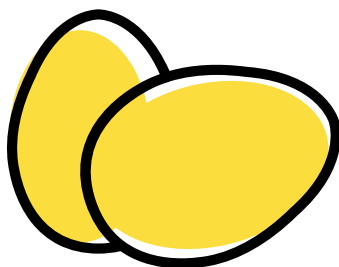
4 Remove the mug from the microwave and let it stand for 1 min. If the omelette is not set enough for you, put it back in on 50% power for no more than 20 seconds.

GOOD TO KNOW gluten free

PER SERVING 246 kcals • fat 19g • saturates 9g • carbs 1g • sugars 1g • fibre 1g • protein 18g • salt 0.8g



To support you with the challenge of rising food and energy prices, we're bringing together knowledge and ideas to help you eat well whatever your budget. We'd also love to hear from you with any tips you have to share using the hashtag #gfoodcooksmart.





Three-cheese macaroni

When you want a comforting macaroni cheese quickly, without too many pots and pans to wash up afterwards, look to your microwave. This recipe delivers piping hot macaroni in thick, cheesy sauce cooked in less than 15 minutes. The cheeses used here are pretty robust and strongly flavoured, but switch them out for milder ones if you prefer something more subtly flavoured.

SERVES 2 PREP 10 mins
COOK 15 mins EASY

150g macaroni or spirali pasta
1 tbsp cornflour
185ml milk
1 tsp Dijon mustard
45g mature gruyère, grated
45g extra mature cheddar, grated
2 tbsp parmesan, grated
15g unsalted butter

1 Put the pasta in a ceramic or glass microwavable bowl. Pour over 700ml boiling water and cook for 2 mins on high; stir and repeat twice more (6 mins in total). Drain the pasta and return it to the bowl.
2 Put the cornflour and 1 tbsp milk into a jug and stir to make a paste.

Add the remaining milk and mix well. Pour over the pasta.

3 Mix in the mustard, along with the grated gruyère and cheddar, and stir well. You can cook the pasta in the same bowl or tip it into a microwavable serving dish.
4 Cook on high for 5 mins, stirring halfway through. Sprinkle over the parmesan and dot with small pieces of butter. Cook for a further 2 mins, then serve with a good grating of black pepper, if you like.

GOOD TO KNOW calcium
PER SERVING 665 kcals • fat 31g • saturates 19g •
carbs 65g • sugars 6g • fibre 4g • protein 30g •
salt 1.5g



“

Microwave jacket potatoes make for a quick, easy and versatile dinner

”

Jacket potatoes with Swedish prawn salad

Microwave jacket potatoes make for a quick, easy and versatile dinner.

We've filled ours with a classic Swedish skagenröra – a mix of chunky prawns, fresh dill and mayonnaise – it marries so well with the hot, buttery potato.

SERVES 2 PREP 10 mins

COOK 10-12 mins EASY

2 medium baking potatoes (about 250g each)

For the prawn salad

100g medium-sized prawns
1 tbsp chopped dill, leaves only,
plus extra dill leaves to serve
squeeze of lemon, plus wedges to serve

3 tbsp mayonnaise
30g unsalted butter
dill leaves, to garnish

1 Wash and lightly scrub the potatoes with a vegetable brush and dry thoroughly with kitchen paper. Prick all over with a sharp knife. Put the potatoes in the microwave on a microwave-safe plate and cook for

5 mins. Turn the potatoes over and cook for another 5 mins, then set aside covered with a tea towel.

2 Put the prawns, dill, a squeeze of lemon juice and the mayonnaise in a bowl and stir gently to combine. Taste and season with pepper to taste. Cut open the warm potatoes. Divide the butter between the potatoes, then pile the prawn salad on top. Serve with a sprinkling of dill and a lemon wedge on the side.

PER SERVING 538 kcals • fat 33g • saturates 10g • carbs 41g • sugars 3g • fibre 5g • protein 17g • salt 4.9g

Brownies

There's no need to heat up the oven with these easy-to-make, fudgy microwave brownies. Made and cooked in under 15 minutes, what could be easier? Unfortunately, you will have to wait for them to cool down before you can eat them.

MAKES 8 **PREP 10 mins**
COOK 5 mins **EASY V**

150g salted butter
150g caster sugar
1 tsp vanilla extract
2 tbsp milk
2 medium eggs, beaten
50g plain flour
75g unsweetened cocoa powder
80g milk chocolate chips

1 Cut the butter into small pieces. Put in a 20 x 20cm microwavable glass or ceramic dish and cook in 20-second bursts in the microwave until melted. Remove, swirl it around the dish to coat the sides, then tip it into a mixing bowl.

2 Add the sugar to the bowl and, using a hand or electric whisk, whisk vigorously until the mixture is creamy and fully incorporated into the melted butter.

3 In a jug, stir the vanilla extract into the milk along with the beaten eggs. Whisk this, a little at a time, into the sugar and butter mixture, ensuring it's thoroughly incorporated before adding more.

4 Sift the flour and cocoa powder together, then fold gently into the cake batter. Finally, stir in the milk chocolate chips.

5 Tip the whole mix into the buttered dish and smooth using a spatula to fill the dish. Cook for 5 mins or until the brownies are well-risen and slightly firm to touch. Don't worry if they're still a bit soft in the centre; they will continue to cook for several minutes once out of the microwave.

6 Put the hot dish onto a cooling rack and leave for at least 20 mins to firm up. Cut into 8 squares. *Will keep in an airtight container for three days.*

PER SERVING 346 kcal • fat 22g • saturates 13g •
carbs 30g • sugars 25g • fibre 2g • protein 5g •
salt 0.4g



Discover all of our favourite microwave pudding recipes – just go to: bbcgoodfoodme.com



A stack of four red pizza boxes is shown against a light wood background. The top box is open, revealing a round pizza with a thick, slightly charred crust. The pizza is topped with melted cheese, pepperoni slices, and small dark olives. The text "MOON SLICE" is printed in a light green, serif font across the open lid of the top box.

MOON SLICE

LOCAL ARTISAN PIZZA
SPOTTED ON THE TOP 10 OF
BBC GOOD FOOD ME MAGAZINE AWARDS

VOTING IS NOW OPEN!

easy

Delicious, simple,
and easy-to-
make recipes



midweek meals

no need to cook

Cut energy costs with our easy-to-assemble recipes

recipes NADINE BROWN photographs TOM REGISTER

Open Greek-style
salad sandwiches



Nadine Brown is our senior food editor and has many years of experience writing and developing wholesome recipes that make it easy to eat well every day. @n0sh.17



Chicken, mango & noodle salad

your shopping list

FRUIT & VEGETABLES

4 garlic cloves
2 medium tomatoes
280g cucumber
½ red onion
2½ lemons
160g cherry tomatoes
4 radishes
3 ready-cooked beetroot
in natural juices
2 limes
2 mangoes
2 red chillies
2 courgettes
2 spring onions

STORECUPBOARD

10 pitted black olives
8 thick sourdough slices
2 tbsp sherry vinegar
1 tsp Dijon mustard
65ml olive oil
2 x 250g pouches
ready-cooked puy lentils
2 x 160g cans tuna steaks
in spring water
2 ready-roasted peppers
3 tbsp white wine vinegar
½ tsp caster sugar
2 x 250g pouches
ready-cooked quinoa

200g vermicelli rice noodles
1 tbsp fish sauce
1½ tbsp honey, plus 1 tsp
1 tbsp toasted sesame oil
400g can chickpeas
½ x 198g can sweetcorn
2 tsp mixed seeds

MEAT & FISH

4 hot smoked salmon fillets
320g leftover roast chicken

HERBS

1 tbsp finely chopped mint
large handful of parsley

½ small bunch of chives
1 tbsp dill
20g coriander

DAIRY

205g feta
320g thick natural yogurt

BALANCED

Open Greek-style salad sandwiches

SERVES 4 **PREP** 10 mins
NO COOK EASY **V**

125g feta
120g thick natural yogurt
2 garlic cloves, finely grated
2 medium tomatoes, seeds removed, finely chopped
200g cucumber, finely chopped
10 pitted black olives, roughly chopped
½ red onion, thinly sliced
1 tbsp finely chopped mint, plus extra leaves to garnish
½ lemon, juiced
8 thick sourdough slices

- 1 Put the feta, yogurt and garlic in a mini food processor. Blend until thick and smooth, then season with a grinding of black pepper.
- 2 Toss the tomatoes, cucumber, olives, red onion and mint in a large bowl with the lemon juice. Season to taste.
- 3 Spread the whipped feta onto the sourdough slices and pile each with the salad. Garnish with the remaining mint leaves and serve.

GOOD TO KNOW balanced • low cal • vit c •
1 of 5-a-day
PER SERVING 343 kcs • fat 12g • saturates 5g •
carbs 43g • sugars 6g • fibre 5g • protein 15g • salt 1.8g



This also works well if you toast the sourdough bread.

BALANCED

Chicken, mango & noodle salad

SERVES 4 **PREP** 15 mins
NO COOK EASY

200g vermicelli rice noodles (check it's gluten-free, if needed)
2 limes, juiced, plus wedges to serve (optional)
1 tbsp fish sauce
1 tbsp honey, plus 1 tsp
1 tbsp toasted sesame oil
320g leftover roast chicken, shredded
2 ripe mangoes, stoned, peeled and cut into thin slices
20g coriander, roughly chopped
2 red chillies, seeds removed and thinly sliced

- 1 Put the noodles in a heatproof bowl, cover with boiling water and leave for 15 mins to soften. Meanwhile, combine the lime juice, fish sauce, honey and sesame oil in a small bowl and whisk together.
- 2 Drain and rinse the noodles briefly under cold water. Drain again and tip into a large bowl along with the remaining ingredients, except the lime wedges. Pour over the dressing and toss together with seasoning to taste. Divide between four plates and serve with the lime wedges on the side, if you like.

GOOD TO KNOW balanced • low fat • low cal • vit c •
1 of 5-a-day • gluten free
PER SERVING 424 kcs • fat 9g • saturates 2g •
carbs 56g • sugars 17g • fibre 4g • protein 27g •
salt 1.2g

HEALTHY

Lentil & tuna salad

SERVES 4 **PREP** 15 mins
NO COOK EASY

2 tbsp sherry vinegar
1 tsp Dijon mustard
2 garlic cloves, finely grated
50ml olive oil
2 x 250g pouches ready-cooked puy lentils
2 x 160g cans tuna steaks in spring water, drained and flaked
160g cherry tomatoes, halved (about 10)
2 ready-roasted peppers, chopped
handful of parsley, finely chopped
½ small bunch of chives, finely chopped, plus extra to garnish

- 1 Whisk the vinegar, mustard and garlic together in a small bowl. Slowly drizzle in the oil, whisking as you go, until emulsified, then season to taste.
- 2 Add the lentils, tuna, tomatoes, peppers and herbs to a large bowl and toss together. Pour over the dressing and toss again. Divide between four bowls and garnish with the remaining chives.

GOOD TO KNOW healthy • low cal • fibre •
2 of 5-a-day • gluten free
PER SERVING 374 kcs • fat 15g • saturates 2g •
carbs 26g • sugars 3g • fibre 9g • protein 28g •
salt 0.7g





Hot smoked salmon grain bowl with dill yogurt

SERVES 4 **PREP** 20 mins
NO COOK EASY

3 tbsp white wine vinegar
½ tsp caster sugar
80g cucumber, thinly sliced
4 radishes, thinly sliced
2 x 250g pouches
ready-cooked quinoa
1 lemon, juiced
200g natural yogurt
1 tbsp dill, finely chopped,
plus extra to garnish
4 hot smoked salmon fillets,
skin removed
3 ready-cooked beetroot in natural
juices, sliced into thin wedges

1 Combine the vinegar and sugar with a pinch of salt in a bowl. Add the cucumber and radishes, toss to combine and set aside.

2 Add the quinoa to another large bowl. Reserve 1 tsp of the lemon juice and pour the rest over the quinoa. Season lightly and toss to combine. Add the yogurt and chopped dill to a small bowl along with the 1 tsp lemon juice and combine. Season.

3 Divide the quinoa between four shallow bowls and top with the salmon, beetroot and pickled vegetables. Drizzle over the yogurt and garnish with the remaining dill.

GOOD TO KNOW folate • fibre • omega-3 • gluten free
PER SERVING 517 kcal • fat 16g • saturates 4g •
carbs 48g • sugars 11g • fibre 6g • protein 42g •
salt 2.7g

BALANCED

Ribbioned courgette salad

SERVES 2-4 PREP 10 mins

NO COOK EASY V

10g parsley, finely chopped
1 lemon, zested and juiced
1 tbsp olive oil
½ tsp honey
2 courgettes
400g can chickpeas, drained
and rinsed
½ x 198g can sweetcorn, drained
80g feta (check it's vegetarian,
if needed)
2 tsp mixed seeds
2 spring onions, finely chopped

1 Put most of the parsley, the lemon
zest and juice, olive oil and honey

in a bowl and whisk together along
with some seasoning to taste.

2 Using a vegetable peeler, peel the
courgettes into ribbons, discarding
the seedy centre. Tip into a large
bowl with the chickpeas and
sweetcorn. Pour over the dressing,
toss together and leave to marinate
for 5 mins. Crumble in the feta and
give it a final light toss. Season with
a grinding of black pepper.

3 Divide the salad between four
plates. Scatter over the remaining
parsley and sprinkle over along with
the mixed seeds and spring onions.

GOOD TO KNOW balanced • low cal • folate • vit c •

2 of 5-a-day • gluten free

PER SERVING (4) 205 kcals • fat 10g • saturates 4g •
carbs 16g • sugars 6g • fibre 5g • protein 10g •
salt 0.5g

September's veg box star

BEETROOT

With bold colour, delicate sweetness and earthy notes, this veg isn't just for pickling – try showcasing it in a tart dressing

recipe SAMUEL GOLDSMITH photography HANNAH TAYLOR-EDDINGTON

Tangy beetroot carpaccio

SERVES 4 as a starter **PREP** 15 mins
plus at least 20 mins marinating
NO COOK EASY V

3 beetroot, scrubbed
1 lemon, zested and juiced
2 tbsp olive oil
1 tbsp cider vinegar
2 tsp honey
1 tsp Dijon mustard
large handful of rocket
50g goat's cheese (optional)
20g walnuts, roughly chopped

1 Trim away the ends of the beetroot then, using a mandoline or sharp knife, thinly slice into discs. Tip into a bowl and drizzle over half the lemon juice, half the olive oil and 1 tsp of the cider vinegar, then season well. Toss or mix together, cover with a clean tea towel and leave to marinate for 20 mins-1 hr.
2 Make a dressing by combining the remaining lemon juice, olive oil, cider vinegar, honey and the Dijon mustard with a good pinch of salt and freshly ground black pepper.

3 Arrange the beetroot slices on a platter, slightly overlapped in a spiral pattern, then pile the rocket into the middle, leaving most of the beetroot on display. Drizzle over the dressing, crumble over the goat's cheese, if using, and scatter with the chopped walnuts and lemon zest.

GOOD TO KNOW low cal • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING (4) 134 kcs • fat 9g • saturates 1g • carbs 8g • sugars 8g • fibre 3g • protein 3g • salt 0.3g

gf tip MAKE IT MEATY

This recipe also works beautifully with thin slices of rare roast beef or salt beef tucked between the layers of beetroot.

MORE WAYS WITH BEETROOT

Ideas from the Good Food team

Beetroot orzotto

Heat **1 tsp vegetable oil** in a saucepan, add **1 chopped red onion** and cook for 8 mins until soft. Add **250g diced cooked beetroot**, plus any juices if using a pack, **200g orzo pasta** and **700ml hot chicken or veg stock**, and season well. Bubble until the stock has been absorbed and the orzo is cooked through, about 15 mins. Add a **small bunch of chopped dill**. Serve in bowls with **100g feta** crumbled over.

Beetroot hummus

Cook **500g whole beetroot** in a large pan of boiling water for 30-40 mins until tender. Drain and leave to cool. With rubber gloves on, pull off the leaves and stalk, then peel. Roughly chop the flesh and whizz with **2 x 400g cans of chickpeas**, drained, the **juice of 2 lemons**, **1 tbsp ground cumin**, **2 tsp salt** and a good crack of black pepper. Serve swirled with a **little yogurt** and **toasted cumin seeds**.

Crab & beetroot pâté

Mix **150g white crabmeat**, **3 cooked and grated beetroot** (around 200g), **2 tbsp half-fat crème fraîche**, the **zest and juice of 1 lemon** and a **small bunch each of finely chopped dill and parsley**, and season. Cook **8 halved runner beans** in boiling water for 1 min, drain and cool in iced water. Serve the pâté with the beans, **350g halved baby cucumbers**, **8 radishes** and **crispbreads**.

...and from our readers

My favourite is a beetroot fritter. Just make a fritter like you would with any other root vegetables, making sure to salt and squeeze the water out.

Adam Parker, Norway

I make homemade pickled beets. They are a staple in my native region, where they are often served with braised meats, roasts and meat pies.

Laurie Martin, Quebec

I grow my own. I chop the beet leaves and stalks and sauté them with a little butter and garlic. They taste like spinach. The beets, I peel and roast.

Christine Pearson, Suffolk



For all these recipes and more, go to bbcgoodfoodme.com





CLASSIC PUDDINGS

Warm up on a cool evening with one of these classic puds. Make use of shop-bought shortcuts for a simple, flavourful dessert when entertaining

Fig sponge pudding

Sponge puddings are a good way to use up jars of jam or marmalade, and, served warm with cold cream, ice cream or thick Greek yogurt, make a comforting treat. Figs and snazzy garnishes bring a touch of sophistication – the olive oil and thyme add complexity without making it savoury, but you do need a really punchy, peppery extra virgin olive oil for the flavour to come through. If you prefer it sweeter, drizzle with a little extra honey instead.

SERVES 6-8 **PREP** 20 mins plus cooling **COOK** 1 hr **EASY** V

250g butter, softened, plus extra for the dish
5 tbsp golden syrup
4 tbsp honey
8 fresh figs
4 large eggs
250g golden caster sugar
250g self-raising flour
1 tsp baking powder

1 tsp vanilla extract
4 tbsp full-fat Greek yogurt
2-3 thyme sprigs (optional)
extra virgin olive oil or honey, for drizzling (optional)

1 Heat the oven to 180C/160C fan/gas 4. Butter a 20 x 22cm baking dish, then pour in the golden syrup and honey. Trim the stalks from the figs, then cut a deep cross in the top, so they open out a bit, but be careful not to cut all the way through. Sit the figs upright on top of the syrup mixture, and bake for 15-20 mins until softened and starting to caramelize a little at the edges.

2 While the figs bake, put the eggs, sugar, flour, baking powder, vanilla and butter in a bowl, and beat with an electric whisk until smooth.

3 Remove the baking dish from the oven, scoop the figs out with a slotted spoon and set aside. Once the syrup mixture has cooled in the dish, take spoonfuls of the sponge batter and gently place on top of the syrup. It's best to do this all the way

around the edge first, then end in the middle – this helps keep the syrup mixture separate. Smooth the batter out very gently with the back of the spoon to cover any gaps and seal the syrup mixture in.

4 Bake for 35-40 mins, or until the sponge springs back when pressed. Leave to cool for around 5 mins or until just warm, then, seconds before serving, dot the surface with eight small dollops of the yogurt. Top each mound with a baked fig, then scatter over some thyme leaves and drizzle with extra virgin olive oil or honey, if you like.

GOOD TO KNOW calcium • fibre
PER SERVING (8) 733 kcals • fat 32g • saturates 19g •
carbs 98g • sugars 75g • fibre 6g • protein 10g •
salt 1.3g



Lemon & blueberry rice pudding tart

Blueberry season might be coming to an end, but frozen ones will still make this updated rice pudding taste great.

SERVES 8 PREP 20 mins
plus chilling and cooling
COOK 1 hr 10 mins EASY **V**

500g shortcrust pastry
plain flour, for dusting

For the rice pudding

500ml whole milk
125ml double cream
3 lemons, zested
100g caster sugar

100g pudding rice, rinsed
4 tbsp lemon curd
100g mascarpone
75g blueberry jam
2 eggs, beaten
For the compote
100g frozen blueberries
1 tbsp blueberry jam

1 Heat the oven to 200C/180C fan/gas 6. Roll the pastry out on a lightly floured surface into a circle the thickness of 2.8mm. Use it to line a deep 20cm tart tin, leaving 2cm overhanging. Prick the base with a fork, then chill for 30 mins.

2 To make the rice pudding, put the milk, cream, lemon zest and sugar in a pan. Bring to the boil, then tip in the rice. Stir. Reduce the heat to low and simmer, covered, for 15 mins. Uncover and cook, stirring, for 25-30 mins until the rice is cooked but retains some bite. Remove from the heat, stir in half of the lemon curd and all the mascarpone, then leave to cool slightly.

3 Meanwhile, cover the pastry with

a slightly scrunched sheet of baking parchment. Fill with baking beans. Put on a baking sheet and bake for 15 mins. Remove the parchment and beans and bake for 15-20 mins more until golden. Leave to cool. Trim the edges and set aside.

4 Whisk the jam to loosen. Spoon into the case, spreading it out. Stir the eggs into the rice pudding and tip into the case. Bake for 20 mins until just golden and set with a slight wobble. Leave to cool.

5 Meanwhile, make the compote. Combine the blueberries, 1 tbsp water and the jam. Microwave for 1-2 mins, stirring occasionally, until syrupy. The blueberries should be soft but still holding their shape.

6 Remove the cooled tart from the tin, put the rest of the curd in a piping bag and pipe over the top, then drizzle over most of the compote. Serve with any extra compote on the side.

PER SERVING 636 kJals • fat 38g •



Blackcurrant queen of puddings

Tart blackcurrant compote and buttery brioche crumbs give this British classic a vibrant twist.

It's traditionally made with raspberries, but the sharpness of blackcurrants works even better with the sweet meringue.

SERVES 6 **PREP** 25 mins plus standing and chilling **COOK** 25 mins
MORE EFFORT **V**

500ml whole milk
1 vanilla pod, seeds scraped out
2 tbsp golden caster sugar
1 lemon, zested
150g brioche crumbs
1½ tbsp butter
3 large egg yolks, beaten
6 tbsp blackcurrant compote or jam
For the meringue
3 large egg whites
1 tsp balsamic vinegar
50g caster sugar

1 Heat the oven to 180C/160C fan/gas 4. Put the milk in a saucepan with the vanilla seeds, sugar and lemon zest, and bring to the boil. Put the brioche crumbs in a large heatproof bowl, and pour over the hot milk mixture. Leave to stand for 10 mins.

2 Stir in the butter. Once melted, stir in the egg yolks. Divide the mixture between six ovenproof dishes, and bake for 12 mins, or until just set. *Can be made a few hours ahead and chilled.* Remove from the oven and spread the compote over the brioche base.

3 Put the egg whites in a stand mixer or large bowl with an electric whisk, and whisk until they hold their shape. Add the vinegar and two-thirds of the sugar, and whisk for 30 seconds. Add the remaining sugar and whisk until stiff peaks form. Spoon the mixture into piping bags with your choice of nozzle, then pipe over the dishes and bake for 10 mins until golden. Serve the puddings straightaway.

GOOD TO KNOW vit c

PER SERVING 283 kcs • fat 12g • saturates 6g • carbs 35g • sugars 26g • fibre 1g • protein 8g • salt 0.5g



Treacle tart

Treat loved ones to this classic dessert, made with crumbly pastry and a rich filling.

SERVES 10 **PREP** 30 mins plus 1 hr chilling and cooling **COOK** 1 hr 5 mins **EASY** **V**

250g plain flour

½ tsp fine salt

140g cold unsalted butter, cubed

3 tbsp icing sugar

2 medium egg yolks

For the filling

400g golden syrup

1 ball stem ginger from a jar, finely chopped, plus 50g of the syrup from the jar

1 lemon, zested

2 medium eggs, lightly beaten

100g fine fresh white breadcrumbs

ice cream or clotted cream, to serve

1 Sift the flour and salt into a large bowl. Add the butter and rub together with your fingers to a fine breadcrumb-like texture (you can also do this in a food processor). Stir in the icing sugar, then quickly add the egg yolks and 2 tbsp cold water, mixing swiftly with a cutlery knife to combine. Form into a ball (add another 1 tbsp water if needed), then wrap and chill for 30 mins. Roll out to the thickness of 2.8mm, then use it to line a 22cm fluted tart tin, leaving some overhanging. Chill for 30 mins more.

2 Heat the oven to 200C/180C fan/gas 6 with a baking sheet inside to heat up. Line the pastry case with baking parchment, then fill with baking beans. Carefully put on the baking sheet, and bake for 15 mins. Remove the parchment and beans and bake for 10 mins more until the pastry is golden. Leave to cool before trimming the edges with a serrated knife.

3 Reduce the oven to 160C/140C fan/gas 4. Combine the golden syrup, ginger, ginger syrup, lemon zest, eggs and breadcrumbs. Carefully pour the filling into the pastry case, then bake in the lower part of the oven for 35-40 mins, or until the filling is just set. Leave to cool for 20 mins before serving with ice cream or thick clotted cream.

PER SERVING 402 kcs • fat 14g • saturates 8g • carbs 62g • sugars 39g • fibre 1g • protein 6g • salt 0.7g





Classic bread & butter pudding

Cooking the pudding in a water bath makes the texture soft and creamy with a contrasting caramelised crust that leaves you wanting more.

SERVES 6-8 **PREP** 20 mins plus standing **COOK** 25 mins **EASY** **V**

600ml double cream
8 large egg yolks
175g caster sugar, plus extra for sprinkling
16 slices white bread, crusts removed
75g unsalted butter, softened
100g raisins
¼-½ whole nutmeg, for grating
ice cream, to serve (optional)

1 Tip the cream into a pan and bring to the boil. Meanwhile, whisk the egg yolks and sugar together in a large heatproof bowl with an electric whisk until light and fluffy, about 3-5 mins. Pour the hot cream over the egg mixture, whisking continuously. When everything is combined, set aside.

2 Spread the bread with the butter, then cut into triangles. Arrange in a shallow baking dish (about 20 x 26 x 5cm), buttered-side up, in three layers, sprinkling the raisins and nutmeg over the bottom two layers and leaving the top layer clear. Pour over the warm custard, lightly pressing the bread down with your fingers to help it soak in. Leave to stand for at least 20 mins before cooking. *Can be prepared up to this*

stage several hours ahead, chilled and cooked when needed.

3 Heat the oven to 180C/160C fan/gas 4. Sit the dish in a large roasting tin. Pour a kettleful of hot water into the tin around the dish, so it comes three-quarters of the way up the side of the dish. Bake for 20-25 mins until the custard is just set.

4 Remove the pudding from its water bath and scatter the top liberally with sugar. Caramelise the top under a hot grill until the edges are lightly charred, but be careful it doesn't catch. Leave the pudding to rest for 5 mins, then scoop and serve with your favourite ice cream, if you like.

PER SERVING (8) 743 kcal • fat 54g • saturates 32g • carbs 53g • sugars 33g • fibre 2g • protein 9g • salt 0.5g

reduce waste

love your leftovers

We've taken all the bits you might have left over from our midweek meal recipes and turned them into nifty no-cook snacks and lunches

Beetroot 'carpaccio'

Finely slice leftover **beetroot** from the salmon grain bowl into thin rounds and overlap on a serving plate. Finely chop any leftover **red onion** and **chives**, and mix together some **white wine vinegar**, **olive oil** and enough **mustard** to thicken into a dressing. Drizzle over the beetroot.

Succotash-style salsa

Mix any leftover **sweetcorn** with sliced **spring onions**, a little **chilli**, any chopped leftover **herbs**, chopped **cherry tomatoes** and a handful of **defrosted peas**. Drizzle over a little **sherry vinegar** and **olive oil** to serve. This would work well with any extra leftover **chicken** too.

Red pepper & olive salad

Chop any leftover **black olives** from the Greek-style sandwiches (p42) and slice leftover **ready-roasted peppers** from the lentil & tuna salad (p42). Drizzle over **sherry vinegar** and **olive oil**, and scatter with chopped leftover **parsley**. Toast a **slice of sourdough**, drizzle with **olive oil** and rub with **1 garlic clove**, before cutting into cubes. Scatter over the salad and serve.

Chilli cucumber 'pickle'

Dice leftover **cucumber** (from the Greek-style sandwiches or salmon recipe) and mix with **chopped chillies** in a bowl. Add a drizzle of **white wine vinegar** and **sesame oil**, and some chopped **coriander**. Toss to combine. This would be great with any leftover **hot smoked salmon fillets**.



3 quick dips

**Chunky raita**

Deseed leftover **cucumber** and coarsely grate into a bowl. Scatter with salt, leave for 10 mins and squeeze out any liquid. Combine with leftover **yogurt**, some chopped **mint** and **coriander**.

**Gazpacho dip**

Blitz any leftover **ready-roasted peppers** and **cherry tomatoes** in a food processor with **olive oil**, **sherry vinegar**, **garlic** and enough crustless **sourdough** to thicken to the desired consistency.

**Beetroot hummus**

Blitz leftover **beetroot** (p44) with **chickpeas**, **garlic**, **lemon juice** and **olive oil**. Season to taste, then scatter over some **chopped dill** just before serving with warm pittas or crudités.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

To find out more, go to bbcgoodfood.com/reduce-reuse-recycle. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

Secret ingredient, p38



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gf



TOM KERRIDGE

SECRET INGREDIENT

Find out which storecupboard sauce the BBC chef can't get enough of at home

photographs ALEX LUCK

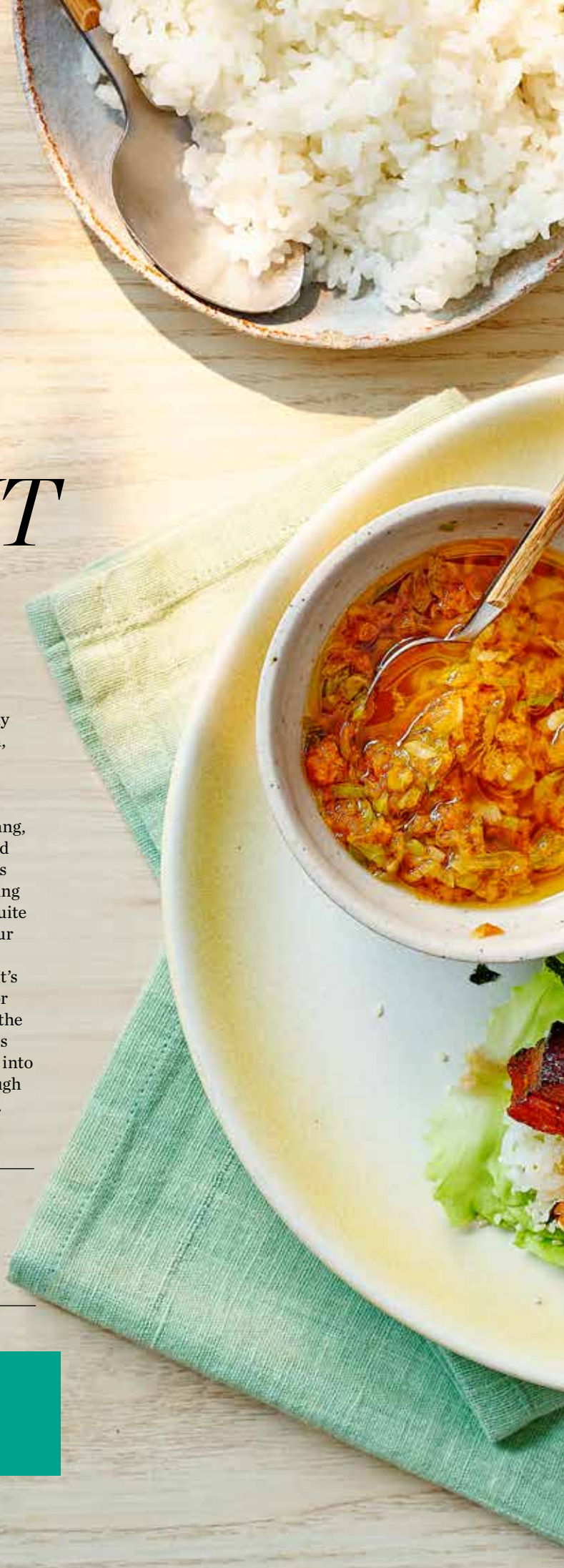
I generally stick with what I'm confident cooking, but I keep an eye on food trends – it's important, as a chef, to know what people are eating and keep your food relevant. Every now and then, a new type of cuisine or ingredient creeps into my repertoire and I use it in my everyday cooking. This isn't about the food I serve in my restaurants – that's built on a solid foundation of driving flavour through consistency and techniques. This is about how the family favourites I eat at home become more varied and vibrant. Of the most recent food trends, the one that really caught my attention was South Korean food.

It combines the things I already love: barbecuing, fried chicken, pickling and fermenting. The ingredient that's my new storecupboard saviour is the fermented chilli paste, gochujang, which you should be able to find in larger supermarkets. It looks bright red and fiery, like it's going to blow your head off, but it's quite mellow and packs a lot of flavour – it's like a cross between miso paste, soy sauce and sriracha. It's brilliant as a marinade, glaze or condiment, and works well on the barbecue or with roasted meats like beef and chicken. It comes into its element when cutting through the fatty richness of pork belly.



Gochujang looks bright red and fiery, like it's going to blow your head off, but it's quite mellow and packs a lot of flavour

Tom Kerridge is a well-known face on the BBC and chef-owner of acclaimed restaurants in Marlow, London and Manchester. Hear more from Tom on his favourite seasonal ideas in the latest series of the BBC Good Food Podcast at bbcgoodfood.com/podcast. [Twitter](#) [Instagram](#) @ChefTomKerridge





Gochujang pork belly lettuce wraps

This also works well with pork ribs or as a marinade for barbecued bavette (see tip, right). Cook it in the oven or on the barbecue.

SERVES 4 **PREP** 20 mins plus at least 1 hr marinating **COOK** 2 hrs **EASY** 

800g pork belly slices

For the marinade

4 tbsp gochujang paste

2 tbsp soy sauce

1 tbsp rice or white wine vinegar

2 tsp golden caster sugar

2 tsp sesame oil

For the dressing

7 tbsp sunflower oil

large piece of ginger, peeled and finely grated

6 spring onions, finely sliced

1 tsp gochujang

2 tsp soy sauce

To serve

300g sushi rice

1 round or butterhead lettuce, separated into leaves

shop-bought kimchi or finely shredded cabbage

crispy seaweed

sesame seeds

1 Whisk the marinade ingredients together with a pinch of salt in a large plastic container or bowl and toss the pork in it to coat. Cover and chill for at least 1 hr or overnight.

2 Heat the oven to 150C/130C fan/gas 2. Tip the pork, along with the marinade, into a large roasting tin and cover with foil. Roast for 1 hr 30 mins until the meat is tender. *Can be chilled for up to two days after cooling completely.* If you want to barbecue the pork after roasting, cook on the barbecue for 4-5 mins on each side, basting occasionally with the pan juices. Alternatively, remove the foil and turn the oven up to 200C/180C fan/gas 6 and cook for 20-30 mins, turning and basting halfway through, until sticky and starting to char around the edges.

3 Meanwhile, make the dressing by heating the oil in a pan until shimmering. Turn off the heat, then stir in the ginger and spring onions. Leave to cool a little, then stir in the gochujang and soy. Tip into a dish, cover and set aside. *Can be made a day ahead.* Cook the sushi rice following pack instructions and keep warm.

4 To serve, bring the pork to the table with all the accompaniments. Place a little pile of sushi rice in the middle of a lettuce leaf, top with a slice of pork, then add a spoonful of kimchi. Drizzle with the dressing, then scatter with seaweed and sesame seeds. Wrap and serve.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 873 kcal • fat 52g • saturates 13g • carbs 60g • sugars 8g • fibre 3g • protein 41g • salt 2.4g

MORE IDEAS

•More ideas for the marinade

The marinade also works well with pork ribs or as a marinade for barbecued beef. My favourite cut is bavette, which I cook as a whole piece and carve into thin slices after cooking, then serve in the same way as the pork.

•Spicy BBQ chicken

For easy spicy spatchcock chicken, simply combine some **gochujang** with **soy sauce**, then rub it all over the chicken. Barbecue very gently, skin-side up, for 30 mins, then flip over for 10-15 mins until sticky and cooked through. Serve scattered with **coriander**.

•Gochujang mayo

Make amazing spicy mayo by mixing **4 tbsp mayonnaise** with **1-2 tsp gochujang**, the **juice of 1/2 lime** and a sprinkling of salt.

•Simple fried rice

For the easiest of fried rice recipes, simply stir-fry **leftover cooked rice** with **gochujang** and a **splash of soy**. Serve as is or make it into a meal topped with a **fried egg**.



ORIGAMI

折り紙寿司屋

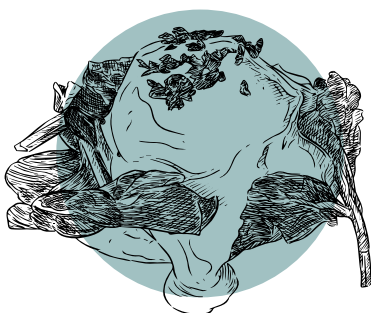
SUSHI

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NATURALLY EUROPEAN
Put some color in your cooking with French butter.

Sensational sauces with European Butter

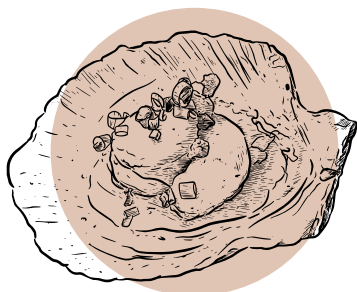
In France, sauces are taken very seriously and butter is a critical ingredient in the most famous of them. Why ? Because French butter adds refinement, taste and texture to the sauce.



Hollandaise sauce is a tangy, buttery sauce made by slowly whisking clarified butter into warm egg yolks.

Using clarified butter is imperative when making a Hollandaise sauce because whole butter, which contains water and milk solids, can break the emulsion. Clarified butter is pure butterfat, which helps the emulsion remain stable.

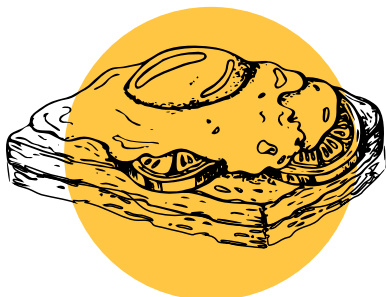
Hollandaise sauce can be used independently, and it's particularly delicious on seafood, vegetables, and eggs.



Beurre Blanc is a classic French sauce flavored with chicken stock, vinegar, and aromatics which may sound complicated but is relatively easy to make.

The trick to beurre blanc is slowly adding cold, small cubes of butter one at a time while continuously whisking. The sheer force of a whisk and acidic liquids will hold the sauce together.

The white vinegar cuts through some of the richness, leaving a nice round and silky texture and none of the greasiness that melted butter can sometimes leave behind.



Béchamel sauce is the most straightforward because it doesn't require making stock. A basic béchamel can be made from the main ingredients of milk, flour, and butter.

Béchamel is made by thickening hot milk with a simple white roux. The sauce is then flavored with onion, cloves, and nutmeg and simmered until creamy and smooth.

Béchamel can be used as an ingredient in pasta recipes and casseroles. However, it is perhaps most recognizable as the base for some of the most common white sauces, cream sauces, and cheese-based sauces in France and beyond.

SEASONAL

SUMMER HEIGHTS

Make the most of fresh produce with inspiring recipes from **Samuel Goldsmith**

photographs JONATHAN GREGSON

When the sun is shining in the summer months, it's easy to feel a little guilty if you're not spending all your spare time outside. But, even if you don't have a lot of outside space, you can still enjoy the seasonal produce on offer. The broad bean pasta is seasonal comfort in a bowl, making good use of broad beans' best assets. Their vibrant green colour – often hidden away inside their grey-ish skins – and sweet, nutty flavour are a refreshing pairing with creamy ricotta and zesty lemon. I prefer to peel broad beans, which seems like extra effort, but can be just about done in the time it takes the pasta to boil. To do this easily, squeeze the flesh out of the skins with gentle encouragement. There will be no judgement if you'd rather leave the skins on, but there

will be a slightly bitter flavour and chewier texture.

One of the biggest notable improvements when it comes to the summer months is the quality of tomatoes: there's nothing quite like a ripe tomato eaten straight from the garden. My dad has been growing them for years, and provides the immediate family with a generous glut – my grandfather being the most satisfied consumer. I prefer to make the most of their flavour using them raw, especially with nduja, the spicy Calabrian spreadable sausage. While many of us struggle with the pronunciation of nduja, it's luckily very easy to enjoy its flavour. I've used it as a base for the tomatoes in a twist on classic Italian bruschetta. My grandfather would leave out everything but

the bread, tomatoes and a generous sprinkling of salt, if he was making it.

If you don't grow your own gooseberries, their season is incredibly short, usually from late-June to late-August. They're not a very commonly eaten fruit (most likely due to their short season), so if you're new to them, a pudding is a great way to give them a try. I've incorporated them into a cheesecake as it's such a crowd-pleasing dessert.

Even if you don't get ample opportunity to enjoy the warmer weather this month, hopefully you'll still be able to enjoy some stellar summer produce using these recipes.

Our food copy editor **Samuel Goldsmith** has taught food and nutrition in secondary schools and has worked as a food editor for lifestyle magazines such as *Woman & Home*. He is also vice chair of the Guild of Food Writers. @samuelwgoldsmith

Broad bean
pasta





Tomato & nduja
bruschetta

Broad bean pasta

Although peas would work well in this dish, broad beans are just as sweet when peeled, and they're at their peak in summer months.

SERVES 2 PREP 25 mins

COOK 22 mins EASY 

200g podded broad beans
(about 600g unpodded),
defrosted if frozen
200g trofie pasta (see tip, left)
75g pancetta
1 lemon, zested and halved
5 mint sprigs, leaves picked
and finely chopped
125g ricotta
15g parmesan, to serve (optional)

1 Bring a large pan of water to the boil and cook the beans for 3 mins until just tender. Remove to a bowl of ice-cold water using a slotted spoon to halt the cooking process.

2 Set the pan back on the heat, tip in the pasta and cook following pack instructions. Meanwhile, pop the beans out of their skins so you're left with the bright green beans, and set aside. (This is optional, but the colour, texture and flavour is improved. Discard the skins.)

3 Heat a small, dry frying pan over a medium heat and fry the pancetta for 5-7 mins until crisp and golden. Drain the broad beans and add to the pancetta along with the lemon zest and mint. Squeeze over one of the lemon halves and season well. Cook for 1-2 mins to warm through, then remove from the heat.

4 Drain the pasta, reserving a mugful of the water, then return to the pan along with the pancetta and broad bean mixture, the ricotta and a few tablespoons of the reserved pasta cooking water. Mix together, adding more of the reserved water if needed to create a slightly glossy sauce. Divide the pasta between bowls, squeeze over the remaining lemon half and scatter with the parmesan, if you like.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 616 kcs • fat 17g • saturates 8g •
carbs 76g • sugars 4g • fibre 14g • protein 32g
• salt 1.4g

gf tip

Trofie are short twists of pasta and make this dish feel more special, but penne works just as well.



gf tip

If you have leftover pancetta and pasta, make our two-step carbonara. Find the recipe at: bbcgoodfoodme.com

Tomato & nduja bruschetta

Use ripe tomatoes to make these sweet and spicy bread bites. Ideal for a garden party, when it doesn't matter if you make a bit of a mess.

MAKES 16 PREP 15 mins

COOK 10 mins EASY 

1 large baguette, trimmed and
cut into 16 slices
300g ripe tomatoes,
roughly chopped
400g can cannellini beans,
drained and rinsed
small handful of parsley, chopped
2 tsp red wine vinegar
2 tsp extra virgin olive oil
8-10 tsp nduja

1 Heat the oven to 200C/180C fan/gas 6. Arrange the baguette slices on a large baking tray and bake for 8-10 mins until crisp and lightly golden. (You may need to do this in two batches.) Remove from the oven and leave to cool.

2 Combine the tomatoes, beans, parsley, vinegar and oil in a bowl, season well and set aside.

3 Spread about 1/2 tsp of nduja over each baguette slice and arrange on a serving platter. Spoon over the tomato and bean mixture over the baguette slices and serve.

PER SERVING 107 kcs • fat 2g • saturates 1g •
carbs 17g • sugars 1g • fibre 2g • protein 4g • salt 0.3g



gf tip

If you have any leftover tomato and bean mixture, it can be enjoyed as a salad or on toast for a light lunch.



Gooseberry cheesecake

Sharp gooseberries go so well with the sweet cordial and creamy mascarpone in this cheesecake.

SERVES 12 **PREP** 20 mins plus
at least 4 hrs 30 mins chilling
COOK 12 mins **EASY** **V**

750g gooseberries
4 tbsp elderflower cordial
1 orange, zested and juiced
125g ginger biscuits
125g digestive biscuits
125g unsalted butter
500g soft cheese
250g mascarpone
125g icing sugar

1 Tip the gooseberries, 2 tbsp of the elderflower cordial and the orange juice into a saucepan. Cook over a medium heat for 10 mins until the gooseberries have softened but not broken down completely. Set aside.
2 Line the base of a deep 23cm springform cake tin with baking parchment. Blitz all the biscuits in a food processor to fine crumbs, then tip into a bowl. Melt the butter over a low heat and stir into the biscuit crumbs to combine. Tip into the tin and press down into an even base. Chill for at least 30 mins or up to 1 hr.
3 Put the soft cheese, mascarpone, remaining cordial and the orange

zest in a bowl, and mix well to combine. Sift in the icing sugar and mix everything together. Fold in three-quarters of the cooked gooseberries along with 1 tbsp of their cooking liquid, then pour this over the biscuit base. Chill for at least 4 hrs or overnight.

4 Just before serving, remove the cheesecake from the tin and put on a cake plate or stand. Spoon the remaining gooseberries over the middle of the cheesecake, along with a drizzle of the cooking liquid.

GOOD TO KNOW vit c

PER 100g 447 kcs • fat 32g • saturates 20g •
carbs 33g • sugars 24g • fibre 3g • protein 5g •
salt 0.8g

1 INGREDIENT - 3 WAYS

GOOD APPLES

Celebrate British apple season with one-pot and two crowd-pleasing puddings from **Barney Desmazery**

photographs KAREN THOMAS

I know fruit and veg are available all year round, but I feel strongly that produce should still be eaten seasonally. When I find windfall apples from the overhanging branches of my neighbour's Cox's Pippin tree, it means the end of the soft fruit season, and the autumnal apple season is upon us. I'll be swapping creamy pudding for the warming flavours of cinnamon, ginger and clove, and prepare-ahead chilled desserts for a steaming pie or crumble. A sharp apple sauce is a classic with pork, but also works wonderfully with other rich meats like duck, pheasant and black pudding. I like adding crisp apples to hearty autumn salads, too. Yes, I'm a little saddened that I won't be eating strawberries until next June, but I'm comforted by the many things I can make with this versatile fruit.

Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia and is a pro at adapting restaurant recipes to make at home.

@barney_desmazery

Apple crisp

'Crisp' is the American version of a crumble. The topping is like a mix between a nutty flapjack and a traditional British crumble topping. It's deliciously buttery and moreish, and can be used to pile on top of any stewed fruit.

SERVES 6 PREP 20 mins
COOK 45 mins EASY V

For the topping

100g plain flour
50g rolled oats
50g flaked almonds or
chopped pecans
100g butter, cut into cubes
50g light muscovado sugar
½ tsp ground cinnamon
vanilla ice cream or custard,
to serve

For the filling

8 Cox's or Russet apples,
peeled, cored and sliced into
5mm-thick rounds
50g golden caster sugar
½ lemon, zested and juiced

1 Put all the topping ingredients and a pinch of sea salt in a bowl and rub together with your fingers until combined into a crumb-like texture – this can also be done in a food processor. Chill until needed. *Will keep chilled for up to two days.*

2 Toss the apples with the sugar and lemon zest and juice until evenly coated, and tip into a 23cm round baking dish that's at least 5cm deep, or a 20cm square dish. Flatten down with your hand and scatter over the topping. *Will keep covered and chilled for a day.*

3 Heat the oven to 190C/170C fan/gas 5. Sit the crisp on a baking tray and bake for 40 mins until the topping is a deep golden and the fruit is bubbling at the edges. Leave to cool for 10 mins, then serve with ice cream or custard.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 411 kcal • fat 20g • saturates 9g •
carbs 51g • sugars 32g • fibre 3g • protein 6g •
salt 0.31g

French apple tart



One-pan pork fillet with leeks,
apples, mustard & thyme

French apple tart

Apple tarts can be as simple as sliced apples and a sheet of puff pastry, but if you have the time, it's worth making this classic shop-window patisserie. If you want to simplify the process, simply use shop-bought pastry.

SERVES 8 PREP 40 mins
COOK 1 hr MORE EFFORT  

For the pastry

125g cold butter, cubed
200g plain flour, plus extra
for dusting

1 tbsp golden caster sugar
1 egg, beaten

For the filling and topping

1.75kg (about 12) eating apples, like
Cox's, Russet or Granny Smith
50g golden caster sugar
1 tbsp calvados, cognac or
brandy (optional)
25g butter, melted
3 tbsp apricot jam
icing sugar, to serve (optional)

1 For the pastry, rub the butter into the flour, sugar and a pinch of salt in a bowl until crumbly. Mix in the egg until it forms a dough, then form into a puck shape. Cover and chill for at least 30 mins. *Will keep chilled for two days.*

2 Heat the oven to 200C/180C fan/gas 6. Roll the pastry out on a lightly floured surface to roughly the thickness of a 2.8mm, and use to line a 23cm fluted tart tin, leaving some overhanging. Line with a disc of baking parchment big enough to cover the edges, and fill with some baking beans to weigh it down (use dried rice or lentils if you don't have baking beans). Bake for 15 mins, then remove the parchment and beans and bake for 10-15 mins more until the pastry is biscuity. Trim away any overhanging pastry with a serrated knife. Set aside to cool.

3 Meanwhile, set aside four of the apples, then peel, core and roughly chop the rest. Put them in a shallow saucepan with 2 tbsp water, all but 1 tbsp of the sugar and the alcohol, if using. Cover and cook over a low heat for 25-30 mins, stirring occasionally and adding more water if needed, until the apples have collapsed into a purée. Taste the mixture and sweeten with more sugar, if needed.

4 Turn the oven up to 210C/190C fan/gas 8. Peel, core and halve the reserved apples, then cut into even-sized slices. Spread the apple purée over the base of the tart case, then arrange the apple slices in neat, concentric circles, starting from the outside. Brush the apples with butter, then scatter over the reserved sugar and bake for another 20-25 mins until golden.

5 Mix the jam with 1 tbsp hot water from a freshly boiled kettle. When the tart has finished baking, glaze generously with the jam, then leave to cool a little. Serve warm or cold, dusted with icing sugar, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 410 kcals • fat 17g • saturates 10g •
carbs 56g • sugars 37g • fibre 4g • protein 5g •
salt 0.4g

One-pan pork fillet with leeks, apples, mustard & thyme

This sauce also works well with whole pork chops or skin-on chicken thighs – just adjust the simmering time accordingly. Topped with puff pastry, it makes a great pie filling, too.

SERVES 4 PREP 15 mins
COOK 50 mins EASY 

40g butter

1 pork fillet (about 500g),
sliced into thick pieces

2 eating apples, cored and
cut into thick wedges

1 leek, sliced into thick rounds

1 large thyme sprig

1 tbsp cider vinegar

300ml chicken stock

150ml double cream or
crème fraîche

1 tbsp grainy mustard
mash, to serve (optional)

1 Melt the butter over a medium heat in a large, shallow saucepan, frying pan or flameproof casserole until foaming. Season the pork slices, then fry for 2 mins on each side until browned. Use a slotted spoon to lift the pork onto a plate, then cook the apple wedges in the same pan for 3-4 mins until starting to caramelise. Lift onto the plate and set aside. Reduce the heat, scatter the leeks and thyme into the pan and cook for 15-20 mins until softened.

2 Splash in the vinegar and simmer for 1 min, then pour the stock over the leeks, season and simmer for 10 mins more. Pour in the cream, then add the mustard and return the pork and apples to the pan. Season to taste and simmer for 5 mins more until the pork is cooked through but still tender and the apples are starting to soften. Serve the pork spooned over mash, if you like.

PER SERVING 469 kcals • fat 34g • saturates 19g •
carbs 8g • sugars 8g • fibre 2g • protein 31g • salt 1.2g



celebrating rosh hashanah

Victoria Prever shares long-held traditions of the Jewish New Year, including this brisket recipe jewelled with pomegranate seeds

The Jewish New Year, or Rosh Hashanah (which translates from Hebrew as ‘head of the year’), is a festival when most Jewish people sit down to feast together to mark the anniversary of the creation of the world. The date moves around in the modern calendar because Jewish months are based on the lunar year. This year, it begins on the evening of Sunday, 25 September and ends the evening of Tuesday 27 September.

It’s customary to eat a fruit not tasted so far that season, and pomegranate – said to contain 613 seeds (reflecting the number of commandments in the Hebrew Bible or Torah) – is the most traditional. It also works very well with cost-effective beef brisket.

Pomegranate brisket

SERVES 4-6 **PREP** 30 mins plus overnight marinating and resting
COOK 3 hrs **EASY** *

1.6kg beef brisket (if rolled, unroll it)
2 red onions, finely sliced
½ pomegranate, seeds only
cooked giant couscous tossed with
10g coriander leaves, urfa chilli,
chopped cucumber and lemon
zest, to serve (optional)

For the marinade

120ml pomegranate molasses
60ml olive oil
2 tsp ras el hanout
4 garlic cloves, finely chopped
1 tsp urfa chilli flakes

1 Mix the marinade ingredients together in a small bowl with $\frac{3}{4}$ tsp fine salt. Put the beef in a large ovenproof dish. Pour over half the

marinade, spread evenly, then turn and pour over the rest of the marinade to coat. Cover and chill overnight.

2 Remove the beef from the fridge up to 1 hr before cooking to come up to room temperature. Heat the oven to 240C/220C fan/gas 9.

3 Turn the meat in the marinade, leaving the fatty layer on the top. Tuck half the onions underneath the meat and spread the rest on top. Cover loosely with foil. Roast for 15 mins, then turn the oven down to 170C/150C fan/gas 3. Cook for a further 2 hrs 30 mins, or up to 3 hrs.

It’s ready when a fork goes into the meat and comes out easily – it should also be flaky. If not, put back in the oven for another 30 mins.

4 Rest the brisket for 15 mins, still covered with foil, then transfer to a board. Sprinkle the pomegranate seeds over and serve with a giant couscous salad, if you like, or shred using two forks, then spoon over some of the sauce from the dish.

PER SERVING (6) 612 kcs • fat 34g • saturates 10g •
carbs 19g • sugars 16g • fibre 3g • protein 56g •
salt 1.4g



Victoria Prever is food editor at the *Jewish Chronicle* and trained at Leith’s School of Food and Wine. She is also a freelance food writer, cookery teacher and food consultant who has appeared on *Sunday Morning Live* on BBC One.

#GFLetsCookTogether
Share your recipes, tips
and photos with us



AFTER-SCHOOL SNACKS

Put the kettle on and lay on a spread of bite-size quiches and a crowd-pleasing teacake with raspberry frosting



Mini quiches

MAKES 18-20 **PREP** 30 mins plus
30 mins chilling **COOK** 50 mins
EASY ✨ 📖

300g shortcrust pastry
plain flour, for dusting
4 rashers back bacon,
fat trimmed, chopped
vegetable oil, for frying
100g gruyère, grated
2 medium eggs
125ml double cream
You'll also need
18-20 mini tartlet tins

1 Roll the pastry out on a lightly floured surface until very thin. Cut out circles that are 1cm larger than the holes of a tartlet tin. Line the holes with the pastry (bake in batches if you don't have two tins), pressing into the base and up the

side. Re-roll any offcuts and make more until you've used up all the pastry. Chill for 30 mins (if baking in batches, chill the offcuts, too).

2 Heat the oven to 200C/180C fan/gas 6. Line each pastry case with a piece of foil and fill with baking beans. Bake for 10 mins, then lift out the foil and beans and bake for another 5 mins. Meanwhile, fry the bacon in a little oil until crisp.

3 Divide the bacon and half the cheese between the cases. Beat the eggs and cream together, then pour over the bacon and cheese until the cases are almost full. Scatter over the remaining cheese. Bake for 20-25 mins until golden and puffed up. Leave to cool, then chill before serving. *Can be made a day ahead.*

PER SERVING (20) 138 kcal • fat 11g • saturates 5g •
carbs 6g • sugars 0.2g • fibre 0.5g • protein 4g •
salt 0.3g



Raspberry & pistachio teacakes

SERVES 20 **PREP** 20 mins plus
15 mins cooling and setting
COOK 55 mins **EASY** **V**

150g shelled pistachios
275g golden caster sugar
250g butter, softened
3 eggs
275g self-raising flour
75g Greek yogurt
a little milk (optional)
sugar flowers, pearl sugar or
sprinkles, to decorate (optional)
For the raspberry icing
150g raspberries
300g icing sugar

1 Heat the oven to 180C/160C fan/gas 4 and line a 15 x 25cm cake tin with baking parchment. Put the pistachios in a food processor with half the sugar and blitz until the nuts are finely chopped. Tip into a bowl, add the remaining sugar and the butter and beat with an electric whisk until creamy. Add the eggs one at a time, then beat in the flour and yogurt until smooth, adding a little milk if it's too thick.

2 Spoon the batter into the tin, smooth the surface with a spatula and bake for 50-55 mins, or until a skewer inserted into the middle comes out clean, with no wet crumbs clinging to it. Leave to cool in the tin for 15 mins, then turn the cake out onto a board. Remove and discard the baking parchment, then leave to cool completely. Cut into neat squares.

2 To make the icing, put the raspberries in a pan with 2 tbsp water and cook briefly until soft and juicy. Push the mix through a sieve and discard any pips. Whisk in the sugar until you have a smooth pink icing. Pour this over the cooled cake, then decorate with sugar flowers, pearl sugar or sprinkles, if you like. Leave to set before serving.

PER SERVING 319 kcals • fat 15g • saturates 7g •
carbs 41g • sugars 30g • fibre 2g • protein 4g •
salt 0.4g

SABRINA'S FEAST FOR FRIENDS

Award-winning food writer and chef **Sabrina Ghayour** shares her enchanting Persian recipes, ideal for sharing with guests

photographs MIKE ENGLISH

Persian food takes me home. It doesn't matter where in the world I am, or who has cooked it. It reminds me of being a kid and sharing food with friends and family. A standard Persian party is eight guests, 18 dishes and enough food for at least 30 people. It would be rude not to! I love making these recipes when I'm ready to serve up a feast – not quite 18 dishes, but these will easily serve six people.

Reshteh polo (toasted vermicelli rice)

Enjoy this rice as part of a wider spread of Persian dishes. The delicious crusty bits that stick to the bottom of the pan are called "tahdig" and are used as garnish.

SERVES 4-6 PREP 2 mins
COOK 45 mins EASY V

3 tbsp olive or vegetable oil
1 large brown onion, finely chopped
150g egg vermicelli, broken into 2cm long pieces (not rice vermicelli)
75g butter, roughly cut into cubes
350g basmati rice

1 Heat the oil in a medium-sized, non-stick saucepan over a medium

heat. Add the onion and cook for around 8 mins until softened, then add the vermicelli and turn to coat in the oil. Add the butter and stir until melted. You want it to help toast the vermicelli to an even brown colour, without burning either.

2 Once the vermicelli is browned (not just golden) add the rice, a pinch of salt and pepper, and mix well until evenly combined. Pour over 800ml cold water, cover with a lid and cook on a medium heat (or low if using gas) for 30 mins, until the rice on top is cooked. Fluff up with a fork. Serve on a platter with the crust that forms on the bottom of the pan on top of the rice (this is called "tahdig").

PER SERVING (6) 447 kcal • fat 18g • saturates 8g • carbs 62g • sugars 3g • fibre 3g • protein 9g • salt 0.6g



Sabrina Ghayour is a self-taught British-Iranian chef and author who made her name hosting a hugely popular supper club across the UK. She draws on the Persian food she loved growing up to share vibrant recipes that embody her culture. [Twitter](#) [Instagram](#) [@sabinaghayour](#)



Salad shirazi (tomato, cucumber & red onion salad)

A change from the usual leafy or grain salads, this is made using just veg and pomegranate seeds, dressed simply in lemon juice and olive oil.

SERVES 4-6 PREP 10 mins
NO COOK EASY V

1 cucumber, peeled and cut
into 1cm cubes
6 ripe vine tomatoes, halved,
deseeded and chopped into
1cm cubes
1 red onion, finely chopped
200g pomegranate seeds

1-1½ limes, juiced (about 40ml juice)
2-3 tbsp extra virgin olive oil

1 Mix the cucumber, tomatoes, onion and pomegranate seeds together in a mixing bowl. Season well, then add the lime juice and olive oil, mix well again and tip into a serving dish.

GOOD TO KNOW vegan • healthy • low fat • gluten free
PER SERVING (6) 95 kcals • fat 5g • saturates 1g •
carbs 10g • sugars 9g • fibre 3g • protein 2g • salt 0.1g



Kotlet (spiced lamb & potato patties)

Make a large batch of traditional kotlet for entertaining. You can also enjoy them cold, stuffed into pittas or flatbreads with onions and ketchup, if you like.

MAKES 18-20 **PREP** 20 mins
COOK 35 mins **EASY**

500g lamb mince, chilled
400g mashed potato (you can use shop-bought, ready-made mash)
1 large onion, finely chopped and any liquid strained
2 eggs, lightly beaten
1 heaped tsp ground turmeric
1 heaped tbsp garlic granules

75g fine breadcrumbs
vegetable oil, for frying

- 1** Combine the mince, mash, onion, eggs and spices in a large bowl. Season well with salt and pepper, then scrunch the mixture together with your hands until it forms a smooth paste and the eggs have been completely incorporated.
- 2** Divide the mixture into 18 or 20 portions, then roll each portion into a ball and flatten in the palm of your hand to about 1cm thick – the top of each patty should be slightly pointed, so it resembles a teardrop shape. Tip the breadcrumbs onto a shallow plate and gently press both sides of each patty into them to coat.

Transfer the breadcrumb patties to a sheet of baking parchment, repeating until all the mixture is shaped and coated in the crumbs.

- 3** Heat a frying pan over a medium-high heat and pour in enough oil to coat the base. Once hot, fry a few patties at a time (they should all be in a single layer) for 6-8 mins on each side, until browned. Carefully remove to a plate lined with kitchen paper to drain, then repeat with the remaining patties. Keep the cooked patties warm in an oven set to 180C/160C fan/gas 4.
- 4** Serve the patties warm as part of a Persian spread, or leave to cool completely and enjoy as a snack.

PER SERVING (20) 118 kcals • fat 7g • saturates 2g • carbs 7g • sugars 1g • fibre 1g • protein 7g • salt 0.2g

Kuku sabzi (herb frittata with barberries)

An abundance of herbs brings freshness to this, and there's a slightly tart note from barberries if you can get a hold of them.

SERVES 4-6 **PREP** 15 mins

COOK 55 mins **EASY** **V**

2-3 tbsp olive oil

2 small bunches of dill, finely chopped

2 small bunches of chives, finely sliced

2 small bunches of coriander, finely chopped

2 small bunches of flat-leaf parsley, finely chopped

8 spring onions, thinly sliced

25g barberries (optional)

8 eggs

2 tbsp natural yogurt

1 tsp baking powder

½ tsp ground turmeric

1 Heat the oven to 180C/160C fan/gas 4 and line a 20 x 20cm brownie or square baking tin with baking parchment. Set aside. Drizzle enough of the oil into a large frying pan or saucepan to coat the base (because a saucepan is high-sided, it's often easier to contain the herbs). Set over a low-medium heat, then tip in all the herbs and spring onions, and cook for 10-15 mins until the onions are tender, but not browned. When ready, the herbs will be dark green like cooked spinach. Remove from the heat, season well with salt and pepper and stir in the barberries, if using. Leave to cool.

2 Crack the eggs into a large bowl and gently whisk with the yogurt, baking powder and turmeric until the yogurt has dissolved into the mixture. Be careful not to overbeat the eggs, as this will make the batter stiff. Stir in the cooled cooked herbs and spring onions until the mixture

turns completely green. Pour into the prepared baking tin and smooth the surface using a fork. Bake for 35-40 mins, or until a knife inserted into the middle of the frittata comes out clean. Serve warm or at room temperature. Cut into small squares or triangles to serve.

PER SERVING (6) 188 kcal • fat 15g • saturates 3g • carbs 2g • sugars 2g • fibre 2g • protein 11g • salt 0.8g



Zoolbia (lacy saffron fritters)

These sweet, nutty fritters are often made for celebrations. While they look tricky, they're simple to make. Seek out Persian pistachios for their richness and vivid colour.

MAKES 14-16 **PREP** 5 mins plus 2 hrs resting **COOK** 25 mins **EASY** **V**

175g plain flour

1 x 7g sachet fast-action dried yeast

75g Greek yogurt

pinch of Iranian saffron threads, ground using a pestle and mortar, then dissolved in
2 tbsp boiling water
vegetable oil, for deep-frying
3 tbsp icing sugar, for dusting
70g Persian green pistachio slivers, finely ground

1 Sift the flour into a mixing bowl and add a pinch of salt and the yeast. Pour over 250ml warm water and mix well, leaving to sit for a few minutes. Mix in the yogurt to make a thick batter, then add the saffron liquid and mix well until the batter

is a pale golden colour. Cover and leave to rest at room temperature for 2 hrs, until it begins to bubble.
2 Pour about 2 inches of oil into a large pan over a medium-high heat, ensuring the pan is no more than a third full with oil. The oil is hot enough when a little batter dropped in sizzles immediately. Pour the batter into a squeeze bottle or use a piping bag with a narrow nozzle, or drizzle it in using a spoon, if you're feeling confident.

3 Carefully swirl the first fritter into the oil, making a small lacy pattern – don't go too wide as they'll expand in the pan – and fry for 90 seconds, or until golden brown. Gently flip using a spider or slotted turner and fry for 30 seconds more until golden brown – making sure it's not too pale and not burnt. Remove the fritter and drain on a plate lined with kitchen paper. Repeat until all the batter is used. Leave to cool a little, then arrange on a large platter. Traditionally these would be soaked in a heavy sugar syrup, but you can also simply dust with icing sugar and sprinkle with finely ground Persian pistachios.

PER SERVING (16) 124 kcals • fat 7g • saturates 1g • carbs 12g • sugars 3g • fibre 1g • protein 2g • salt 0.01g





Maast-o-khiar (yogurt with cucumber)

Serve this refreshing minty dip with pittas or flatbreads – it goes well with barbecued meats, too.

SERVES 4-6 PREP 5 mins
NO COOK EASY V

500g Greek yogurt
1 large cucumber, peeled and chopped into 1cm dice
2 heaped tsp of dried mint
50g golden raisins
dried pink rose petals,
small handful of mint leaves, rolled up then cut into ribbons
drizzle of olive oil, to serve (optional)

1 Mix the yogurt, cucumber, dried mint, golden raisins and some salt and pepper in a bowl until evenly combined. Check the seasoning to taste and adjust if needed. Spoon onto a plate or bowl and garnish with the rose petals, mint leaves and a drizzle of olive oil, if you like.

PER SERVING (6) 145 kcal • fat 9g • saturates 6g • carbs 10g • sugars 10g • fibre 1g • protein 6g • salt 0.2g

NEXT LEVEL

Blackberry pie

recipe BARNEY DESMAZERY photograph WILL HEAP

SERVES 8 **PREP** 50 mins plus at least 1 hr chilling
COOK 40 mins **MORE EFFORT** **V**

WHY

A well-made 'proper' pie (that's pastry on the top and bottom, or 'double crust' as it's known in America) is as much a feat in construction as it is in flavour. A pie that falls apart with an undercooked bottom might still taste good, but what you're really after is pastry that's robust enough to be moulded into an impressive topping, and cuts into a perfectly clean slice while still being buttery – our shortcake pie pastry has it all. Blackberries aren't the easiest fruit to bake with either, as the juice they exude can make the pastry soggy, but we've got a few tricks up our sleeve to right those wrongs, too.

WHAT TO BUY

600g blackberries
100-125g granulated sugar
25g butter, plus extra for the tin
2 tbsp cornflour
1 egg, beaten
1 tbsp milk
vanilla ice cream, to serve (optional)

For the pastry

300g self-raising flour, plus extra for dusting
1 tbsp cornflour
2 tbsp granulated sugar, plus extra for the topping
150g cold butter, cut into small pieces
150g soft cheese

BETTER WITH BUTTER

Buttering the dish not only stops the pastry from sticking, but helps it become more crisp and golden. We've also dotted the blackberries with butter to enrich their juices during baking.

DOUBLE CRUST

We've encased the pie fully in pastry, top and bottom. Because of the type of pastry we've used, it holds together and won't get a soggy bottom.

FLOUR POWER

We opted for self-raising flour over plain to give the pastry a bit of puffy texture, like a shortcake or sweet scone, which both work well with jammy fruit.

TOP MARKS

The lattice topping is optional – you'll still have a delicious pie without the extra effort, but there is something iconic about a lattice top on a fruit pie.

DOUBLE GLAZING

We've glazed the top twice to give it a deep, golden sheen and more of a sugary crunch.



SAY CHEESE

As well as butter, we've made our pastry using soft cheese, adding to its richness, but also making it more pliable and easier to lattice than all-butter pastry. It helps create a light, flaky finish, too.

CHILL OUT

The pastry is easy to work with when it's cold, but it can get a bit sticky when it's at room temperature, so chill it well and don't be afraid to dust it with flour as heavily as you need to when assembling.

CHOICE OF SUGAR

We've opted for granulated sugar throughout this recipe, as it takes longer to dissolve and lends a little crunch.

BERRY SYRUP

Tossing the berries in sugar extracts their juices and creates a natural syrup.

GO WILD

This pie is great for using up foraged berries, but bear in mind that wild blackberries aren't as sweet or juicy as farmed, so you might need to up the sugar a little. Wild blackberries will also need a good wash to flush out any insects.

HOW TO MAKE IT

1 First, make the pastry. Tip both flours and the sugar into a bowl with a large pinch of salt. Use your fingers to rub the butter into the flour mixture until it resembles crumble topping, then rub in the soft cheese until the pastry comes together. (If it's still crumbly, add 1 tbsp iced water and it should come together.) Tip onto a surface and knead for 30 seconds, then cut off about a third of the pastry. Mould both pieces into flat rounds. Wrap and chill for at least 1 hr. *Will keep chilled for up to two days.*

2 Wash and drain the blackberries, being careful not to break them up, then tip into a bowl with the sugar. (If they are wild blackberries, they will need slightly more sugar.) Toss together and set aside while you roll out the pastry.

3 Butter a 23cm pie dish and, on a lightly floured surface, roll the larger piece of pastry out into a round that fits the base of the dish with some overhanging. Push the pastry down in and around the dish to line it. Sprinkle the cornflour over the blackberries and gently mix together. Tip the blackberries and all their sugary juices into the pastry case and dot with the butter. Beat together the egg and milk to make a glaze, then brush the edge of the pie with some of it.

4 For an easy pie, simply roll out the rest of the pastry, drape it over the top, then trim and fork or crimp the edges together. For a lattice finish, roll the remaining pastry into a square, roughly 30 x 30cm. Cut out 10 strips of roughly the same width. Lay five of the strips vertically over the pie, then weave with the remaining five horizontally, to create an even lattice over the fruit. Or, if you prefer, you can cut each strip into three thinner strips to weave a more delicate lattice. Pinch the edges, then trim the excess and crimp. *Can be assembled and chilled four hours before baking, or baked straightaway.*

5 Heat the oven to 200C/180C fan/gas 6 with a baking tray inside. Brush the top of the pie with more egg glaze and bake for 20 mins, then brush with the glaze again, scatter generously with extra sugar and bake for another 20-25 mins until the pastry is a deep golden colour and the juices are bubbling. Leave the pie to cool for at least 30 mins, then serve as is, or with ice cream.

PER SERVING 484 kcals • fat 24g • saturates 15g • carbs 58g • sugars 25g
• fibre 5g • protein 6g • salt 0.1g



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perfect patisserie

Get creative in the kitchen with these sweet, kid-friendly treats from Jane Dunn – they're a great way to impress family and friends

recipes JANE DUNN *photographs* WILL HEAP



Jane Dunn is a food writer and photographer who shares sweet ideas on her blog, janepatisserie.com and on television, including a recent stint on the judging panel of *The Jubilee Pudding: 70 Years in the Baking* on BBC One. Her debut book, *Jane's Patisserie* (Ebury Press), is out now. [@janepatisserie](https://www.instagram.com/janepatisserie)

Marble traybake

CUTS INTO 20 squares **PREP** 20 mins
plus cooling **COOK** 40 mins **EASY** **V**

375g unsalted butter, softened
375g golden caster sugar
6 medium eggs
375g self-raising flour
50g cocoa powder
2 tsp vanilla extract

For the buttercream

250g unsalted butter, at
room temperature
500g icing sugar
2 tsp vanilla extract
50g cocoa powder

1 Heat the oven to 180C/160C fan/
gas 4 and line a 23 x 33cm baking tin
with baking parchment. Beat the
butter and sugar together until light
and fluffy using an electric whisk,
about 4-5 mins. Add the eggs and
flour, then beat again until smooth.
Divide the batter between two
bowls. Add the cocoa powder to one
and the vanilla to the other, then
mix each bowl well to combine.

2 Drop alternating spoonfuls of the
chocolate and vanilla batters into
the prepared tin until everything
has been used up. Use a skewer or
the tip of a cutlery knife to slightly
swirl the batters together for a
marble effect. Bake for 45-50 mins,
or until a skewer inserted into the
middle comes out clean. Leave
to cool completely in the tin.

3 For the buttercream, beat the
butter using an electric whisk
until pale and soft. Sift in the sugar,
a large spoonful at a time, and beat
on a low speed to combine. Divide
the buttercream between two
bowls. Stir the vanilla into one
and the cocoa into the other,
and beat until light and fluffy.
(Add 1-2 tbsp boiling water
to loosen, if needed.)

4 Cut the cake into squares.
Spoon the vanilla buttercream
into one side of a piping bag
fitted with a star nozzle and the
chocolate into the other side.
Pipe swirls over the squares to
serve. *Will keep in an airtight
container for up to three days.*

PER SERVING 517 kcal • fat 28g • saturates 17g •
carbs 59g • sugars 44g • fibre 2g • protein 5g •
salt 0.2g





Coffee & walnut cheesecake

SERVES 8-10 **PREP** 30 mins
plus at least 6 hrs chilling
NO COOK EASY **V**

For the base

250g digestive biscuits

50g walnuts

100g unsalted butter

For the cheesecake filling

2 tbsp instant espresso powder
(use decaffeinated to make the
cheesecake child-friendly)

500g soft cheese

90g icing sugar

1 tsp vanilla extract

300ml double cream

For the decoration

150ml double cream

2 tbsp icing sugar

40g walnuts

1 To make the base, line a deep 20cm springform tin with baking parchment, then blitz the biscuits and walnuts to a fine crumb in a food processor or blender. Tip the crumbs into a heatproof bowl. Melt the butter in a pan over a low heat, then stir this in to create a wet, sandy texture. Tip the mixture into the prepared tin and press it into the base. Put in the fridge to chill while you make the filling.

2 For the filling, dissolve the espresso powder in 2 tbsp warm water. Put the soft cheese, icing sugar, vanilla and coffee in a bowl and whisk until smooth. Pour in the double cream and whisk everything

together until the mixture has thickened. (Alternatively, you can whisk the double cream to soft peaks in a separate bowl, then fold this into the cheese mixture.) Spread the filling over the biscuit base using a spatula, pushing down gently as you do to ensure there are no gaps. Put in the fridge to chill for at least 6 hrs, or ideally overnight.

3 To decorate, whip the double cream and icing sugar to soft peaks, then spoon into a piping bag fitted with a star nozzle. Pipe swirls over the cheesecake, then top each swirl with a walnut. Crush any remaining walnuts and scatter over, if you like. *Will keep chilled for up to two days.*

PER SERVING (10) 656 kcs • fat 56g • saturates 31g •
carbs 30g • sugars 19g • fibre 1g • protein 7g •
salt 0.1g





White chocolate & raspberry flapjacks

CUTS INTO 12 large or 25 small squares **PREP** 15 mins plus 2 hrs cooling and 1 hr setting
COOK 20 mins **EASY** **V**

200g unsalted butter
 200g demerara sugar
 200g honey or golden syrup
 400g oats
 200g white chocolate chips
 20g freeze-dried raspberries

For the topping

250g white chocolate
 150g fresh raspberries
 10g freeze-dried raspberries

1 Heat the oven to 180C/160C fan/gas 4 and line a 23 x 23cm square baking tin with baking parchment. Tip the butter, sugar and honey into a medium pan over a low-medium heat, and stir until everything has melted together.

2 Tip the oats into a large bowl, then pour over the buttery sugar mixture and stir to combine. Leave to cool for 5 mins, then fold in the white chocolate chips and freeze-dried raspberries. Tip the flapjack mix into the prepared tin and press into the base. Bake for 20-24 mins until golden and crisp at the edges. Leave to cool in the tin for 2 hrs.

3 For the topping, melt the white chocolate in a heatproof bowl set

over a pan of simmering water, ensuring the bowl doesn't touch the water, or in 20-second bursts in the microwave. Pour this over the cooled flapjacks, spread to the edges, then scatter over the fresh and freeze-dried raspberries. Leave to set for 1 hr, then cut into 12 large or 24 small squares. *Will keep chilled for three days. Serve at room temperature.*

PER SERVING (25) 280 kcal • fat 14g • saturates 8g • carbs 35g • sugars 25g • fibre 2g • protein 4g • salt 0.1g



New series

SKILLS FOR LIFE

KIDS' KITCHEN

In this new six-part series, we'll guide you and your children through essential cookery skills and how to apply them, starting with the basics of using a knife

recipes CASSIE BEST **photographs** WILL HEAP

HOW TO USE OUR GUIDE

These recipes are suitable for children aged seven to 11, but younger children will need extra support from an adult. Older children and teenagers can still enjoy making them, though, and may want to adapt or further develop the recipes, swapping in their favourite ingredients or adding extra spices to make them their own.

The step-by-step recipes come with clear lists of ingredients and equipment so they're easy to follow, and there are three to support each new skill: a basic one, one that's more of a challenge and another for advanced mini chefs. Talk through and practice the cooking skill with your child before making the dishes.

Follow this collection of monthly recipes as you would a cookery course, making each recipe with your child to help develop their skills and confidence.



Fruity skewers with yogurt dip

Easy enough for little hands to help assemble, these fun skewers are a great after-school snack or treat for a picnic.

Baked veggie korma

A korma is a creamy, mildly spiced curry that's often made with chicken. Here, we've packed it full of veg and chickpeas instead. Serve it with flatbreads for mopping up the sauce.



Crunchy chopped salad

This fresh, zingy salad will put newfound chopping skills to the test! It makes a great side dish for a picnic too.



Part 1

Chopping & basic knife skills

Learning how to hold a knife and cut ingredients safely is a fundamental skill in cooking. Using a sharp knife can actually be safer than using a blunt one which is more likely to slip. Ensure children are supervised when using sharp knives, especially for the first few times, until they feel more confident.

BEFORE YOU START

- First, secure your chopping board. If the board doesn't have much grip, it can slip around on the work surface, which can lead to an accident. To prevent this, dampen a clean tea towel or piece of

kitchen paper, wring out the excess water and place it under the chopping board, making sure the board is level.

- Ensure the work surface is at the right height for you. If you're working at the kitchen counter, you may need to use a step or chair, but make sure it's not wobbly and won't slip. The kitchen table can also be a good place to work.

- Choose a knife that feels comfortable (not too large or heavy) and suitable for the job. For cutting something soft, like strawberries, bananas or mushrooms, this

could be a cutlery knife. For harder ingredients, like onions, peppers and cheese, you'll need something sharper.

- Never run with knives – if you need to move around the kitchen while using a knife, keep it at your side, pointed down, as you would scissors.

- When you've finished chopping, place the knife next to the sink or wash it straightaway. Never submerge a knife in a sink full of water, as you may forget it's there and cut yourself while you're doing the washing-up.

HOW TO CHOP

There are a few ways to chop ingredients – master these and you'll be able to cut almost anything



The bridge position

Some ingredients, such as tomatoes, have curved edges that make them harder to cut neatly. Cut these ingredients in half before chopping them. Do this by making a bridge shape with your hand over the knife: place your thumb on one side of the ingredient and your fingers on the other to hold it firmly in place. Then, slide the knife through the ingredient, halving it while avoiding your fingers.



The claw

For harder ingredients like cucumbers, the claw shape comes in handy. Hold the knife in your strongest hand and the ingredient in the other, with your fingers and thumb tucked away from the blade of the knife. Slice the food while moving the other hand backwards, away from the knife, as you chop.



The cross-chop

For soft ingredients, like herbs or nuts, use the cross-chop. Put the ingredients on the board and hold your knife in your strongest hand. Lay your other hand on top of the knife, with your fingers flat and out of the way of the blade. Rock the knife back and forth across the food to chop the ingredients.



>>>
Find the
method
opposite

BASIC SKILL

Fruity skewers with yogurt dip

MAKES 4 **PREP** 20 mins
NO COOK EASY **V**

1 banana
6 small strawberries
12 grapes
12 blueberries
150g natural yogurt
1 tsp maple syrup
pinch of ground cinnamon

You'll also need
chopping board
tea towel or kitchen paper (optional)
small, sharp knife and optional straw
4 skewers
teaspoon
small bowl

GOOD TO KNOW low fat • vit c • gluten free
PER SERVING 67 kcals • fat 1g • saturates 1g • carbs 11g
• sugars 10g • fibre 1g • protein 2g • salt 0.08g



Step 1

If your chopping board doesn't have anti-slip grips, lay a dampened tea towel or sheet of kitchen paper on the work surface, then place the board on top to stop it from slipping.



Step 2

Peel the banana – for little fingers, this is easiest to do from the bottom – then, holding the knife securely and with your hand in the claw position, slice the banana. You should get about 12 rounds. Remove the stalks from the strawberries. You can do this by cutting them off with the knife or pushing a straw up through the strawberry and into the stalk.



Step 3

With your hands in the bridge position, slice the strawberries in half: hold each strawberry between your thumb and fingers, then carefully cut in half from the pointy end to the stalk end.



Step 4

Carefully push the banana slices, strawberry halves, grapes and blueberries onto the skewers in any order you like – you can make a pattern or do this randomly



Step 5

For the dip, mix the yogurt and maple syrup together in a small bowl, then sprinkle over the cinnamon and serve with the fruit skewers.



Mix it up

Food tastes best when it's in season (meaning at the same time as it naturally grows). In the summer, berries, peaches and nectarines are a great choice. In late summer and autumn, you could try making the skewers with plums, apples and pears.

Don't waste it

Did you know you can eat cooked banana peel? Simply soak in water for a few hours, remove any tough or blackened spots, chop and add to a veg curry in the last 10-15 mins.

THE NEXT LEVEL

Baked veggie korma



SERVES 4 **PREP** 20 mins

COOK 40 mins **EASY** **V** *****

1 medium cauliflower
6 spring onions
2 tbsp sunflower or rapeseed oil
3 garlic cloves
½ jar korma paste (about 100g)
400g can chickpeas
150ml coconut or single cream
1 vegetable stock cube
100g fine green beans
50g ground almonds
cooked basmati rice or naans and mango chutney, to serve
You'll also need
chopping board
tea towel or kitchen paper (optional)
sharp knife
deep roasting tin (ours was 25 x 35cm)
kitchen scissors
tablespoon
teaspoon
garlic crusher
measuring scales

measuring jug
can opener
wooden spoon

1 Heat the oven to 200C/180C fan/gas 6. If your chopping board doesn't have anti-slip grips, lay a dampened tea towel or sheet of kitchen paper on the work surface, then place the board on top. Pull the leaves off the cauliflower, discarding any damaged ones and reserving the rest. Cut the cauliflower florets and leaves into bite-sized pieces, then cut the stalk into smaller pieces. Tip everything into the roasting tin.
2 Trim away the root end of the spring onions and peel off the papery skins. Snip the spring onions into small pieces directly into the tin using kitchen scissors. Drizzle the oil over the veg, then season with a pinch of salt and toss everything together with your hands. Put the tin on the middle shelf of the oven. Roast for 15 mins.

3 Peel the skins off the garlic cloves. After 15 mins, carefully remove the tin from the oven using oven gloves. Squeeze the garlic cloves directly into the tin using the garlic crusher.

4 Measure out the curry paste – you can do this using scales or estimate based on the quantity of paste in the jar – if it's 200g, add roughly half (see below). Stir the curry paste and garlic into the veg.

5 Use a can opener to open the can of chickpeas, then tip into a sieve over a bowl to catch the liquid (see below for ideas on how to use this liquid and save on waste). Tip the drained chickpeas into the roasting tin.

6 Pour the coconut cream into the tin, then measure out 450ml water using a measuring jug and add this, too. Crumble over the stock cube.

7 Weigh out the green beans using scales. If they have stalks, snap or carefully cut them off. Add the beans to the roasting tin.

8 Weigh out the ground almonds using scales, then tip them into the tin. Hold the tin steady with one hand while wearing an oven glove and gently stir everything together using a wooden spoon. Return the tin to the oven for 25 mins, then carefully remove from the oven (there will be hot liquid in the tin). Serve the curry with cooked rice or naans and some mango chutney.

GOOD TO KNOW folate • fibre • vit c • iron •

2 of 5-a-day

PER SERVING 477 kcal • fat 34g • saturates 12g • carbs 23g • sugars 10g • fibre 9g • protein 16g • salt 1.7g

Food maths

Most ingredients need to be carefully measured out, but sometimes you can estimate instead. For example, if a recipe calls for 100g and the packet contains 200g, use roughly half. This saves time and will help with applying maths skills.

Don't waste it

Chickpea water, called aquafaba, can be used in some recipes to replace eggs. Visit bbcgoodfoodme.com for inspiration.

CHALLENGE YOURSELF

Crunchy chopped salad

SERVES 4-6 (with leftover dressing)

PREP 20 mins **NO COOK EASY V**

1 lemon
4 tbsp extra virgin olive oil
1 tsp Dijon mustard
1 tsp honey
10 cherry tomatoes (use a mixture of different colours, if you like)
½ cucumber
2 Little Gem lettuces
1 punnet of cress
100g pomegranate seeds
25g mixed seeds (we used sunflower and pumpkin seeds; see tip below)

You'll also need
chopping board
tea towel or kitchen paper (optional)
sharp knife
citrus juicer
tablespoon
teaspoon
jam jar or small bowl
large salad bowl
kitchen scissors
measuring scales

1 If your chopping board doesn't have anti-slip grips, lay a dampened tea towel or sheet of kitchen paper on the work surface, then place the board on top to stop it from slipping.

2 Holding the lemon with your hand in the bridge position, cut the lemon in half. Push one half onto a citrus juicer, twist and squeeze to release the juice. Repeat with the second lemon half. Pour the juice into a jam jar or small bowl along with the oil.

3 Add the mustard, honey and a good pinch each of salt and black pepper. Seal the jar and shake to combine, or whisk the ingredients together. *Will keep covered in the fridge for up to a week.*

4 Cut the tomatoes in half by pinching each one between your thumb and a finger and carefully slicing through the middle with a small serrated knife. Cut each piece in half again to make quarters, then tip the tomatoes into a large bowl.

5 Wipe down the chopping board,



then cut the cucumber in half lengthways. Put the two halves cut-side down on the board so they don't roll around, then cut in half again along the length, so you have four chunky sticks of cucumber. Cut across the cucumber now to make little triangles, keeping your free hand in the claw position with your fingers tucked away from the blade of the knife. Tip the cucumber into the bowl with the tomatoes.

6 Cut the hard stalk off the lettuces, then cut each lettuce in half and in half again to get four wedges. Working with one lettuce wedge at a time, hold the wedge with your hand in the claw position and chop it into small ribbons – the smaller,

the better for this salad. Repeat with the remaining wedges and tip the lettuce into the bowl.

7 Snip the cress straight into the bowl using kitchen scissors. Weigh out the pomegranate seeds and add these to the bowl. Repeat with the mixed seeds. Drizzle over roughly half of the dressing over the salad (you will have some leftover) and toss everything together.

GOOD TO KNOW healthy • folate • 2 of 5-a-day • gluten free
PER SERVING 133 kcals • fat 10g • saturates 1g • carbs 6g • sugars 6g • fibre 3g • protein 3g • salt 0.1g

NEXT MONTH
learn to weigh and measure

Crunch power

For extra crunch and flavour, you can toast the mixed seeds before adding them to the salad. Tip the seeds into a dry frying pan and cook over a low-medium heat for a few minutes, shaking the pan occasionally until the seeds pop. Remove from the heat and cool, then add to the salad.

Don't waste it

Chopped salads like this are a great way to use up leftover veg. You can mix and match the ingredients depending on what you have – chopped green beans, avocado, sweetcorn or grated carrots would all work. Experiment and see what tasty combinations you can come up with.

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THE RITZ-CARLTON

RAS AL KHAIMAH, AL HAMRA BEACH

health

Delicious recipes and top nutrition tips



5 healthy ideas
■ canned beans, page 78



healthy diet plan
■ one-pan hotpot, page 80

5 healthy ideas

canned beans

Make the most of a thrifty storecupboard ingredient with these simple recipes

Vegan jambalaya

SERVES 2 PREP 10 mins COOK 35 mins EASY V

Heat **2 tbsp olive oil** in a large pan set over a high heat and fry **1 finely chopped onion**, **4 finely chopped celery sticks** and **1 chopped yellow pepper**, stirring occasionally for 5 mins until starting to soften. Stir in **2 tsp smoked paprika**, **½ tsp chilli flakes**, **½ tsp dried oregano** and **115g brown basmati rice**, then tip in a **400g can chopped tomatoes** and a can full of water. Stir in **2 grated garlic cloves**, a **400g can butter beans**, drained, and **2 tsp veg bouillon**. Bring to a simmer, then cover and cook for 25 mins until the rice is tender and has absorbed most of the liquid. Keep an eye on the pan towards the end of cooking to make sure it doesn't boil dry – if it starts to catch, add a little more water. Stir in a **large handful of chopped parsley** before serving.

GOOD TO KNOW vegan • healthy • fibre • 5 of 5-a-day • gluten free
PER SERVING 547 kcal • fat 15g • saturates 2.2g • carbs 77g • sugars 19g • fibre 17g • protein 18g • salt 0.3g

Crispy grilled feta with saucy butter beans

SERVES 4 PREP 2 mins COOK 18 mins EASY V

Set a large ovenproof frying pan over a medium-high heat and tip in **500ml passata**, **2 x 400g cans butter beans**, drained, **2 crushed garlic cloves**, **1 tsp oregano**, **200g spinach** and **2 sliced roasted red peppers**. Stir together and cook for 6-8 mins until bubbling and the spinach has wilted. Season, then add the **juice of ½ lemon**. Heat the grill to high. Scatter **100g feta** over the sauce, drizzle with **½ tsp olive oil** and sprinkle over the zest of ½ lemon plus a pinch of oregano, then grind over some black pepper. Grill for 5-8 mins until the feta is golden and crisp at the edges. Meanwhile, toast **4 small pittas**, then serve with the beans and feta.

GOOD TO KNOW healthy • low fat
PER SERVING 506 kcal • fat 9g • saturates 4g • carbs 69g • sugars 10g • fibre 18g • protein 28g • salt 1.3g

Sausage & white bean casserole

SERVES 4 PREP 20 mins COOK 1 hr 5 mins EASY

Heat the oven to **220C/200C fan/gas 7**. Roast **1 chopped red pepper**, **2 sliced carrots** and **2 sliced onions** in a deep baking dish for 15 mins. Add **8 chipolata sausages** and roast for a further 10 mins. Reduce the oven to **200C/180C fan/gas 6**, tip in a **400g can cherry tomatoes** and **400g can white beans**, drained, then stir in **200ml low-salt chicken stock**. Cook for another 35 mins. Stir in **2 tsp Dijon mustard** and **100g frozen peas**, and return to the oven for 5 mins. Rest for 10 mins, then serve with potatoes, pasta or rice.

GOOD TO KNOW healthy • low cal
PER SERVING 363 kcal • fat 17g • saturates 6g • carbs 32g • sugars 15g • fibre 11g • protein 16g • salt 1.2g

Guacamole & mango salad with black beans

SERVES 2 PREP 15 mins NO COOK EASY V

Put the **zest and juice of 1 lime**, **1 small chopped mango**, **1 small chopped avocado**, **100g halved cherry tomatoes**, **1 chopped red chilli** and **1 chopped red onion** in a bowl. Stir through a **large handful of coriander** and a **400g can black beans**, drained and rinsed.

GOOD TO KNOW vegan • healthy • low cal • 4 of 5-a-day • gluten free
PER SERVING 341 kcal • fat 15g • saturates 3g • carbs 33g • sugars 18g • fibre 10g • protein 7g • salt 0.3g

Prosciutto, kale & butter bean stew

SERVES 4 PREP 5 mins COOK 20 mins EASY ! ♫

Fry **80g prosciutto**, torn, in a dry saucepan over a high heat until crisp. Remove half to a bowl with a slotted spoon and set aside. Turn the heat down to low, pour in **2 tbsp olive oil** and tip in **1 sliced fennel bulb** with a pinch of salt. Cook for 5 mins, until softened, then add **2 crushed garlic cloves**, **1 tsp chilli flakes** and **4 thyme sprigs**, and cook for a further 2 mins. Pour in **150ml chicken stock** and bring to a simmer. Tip **2 x 400g cans butter beans** into the stew, along with their liquid, then add a **400g can cherry tomatoes**. Season well and bring everything to a simmer. Cook undisturbed for 5 mins, then stir in **200g kale**. Once wilted, ladle the stew into bowls, removing the thyme sprigs, and top each portion with the reserved prosciutto.

GOOD TO KNOW healthy • low fat • low cal • 3 of 5-a-day • gluten free
PER SERVING 290 kcal • fat 9g • saturates 2g • carbs 23g • sugars 6g • fibre 12g • protein 16g • salt 1.2g

Vegan jambalaya



BBC goodfood Middle East

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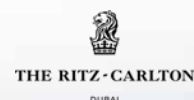
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gf healthy diet plan

one-pan hotpot

Gentle spicing and apricots elevate this light chicken casserole to a dish reminiscent of a Moroccan tagine

recipe SARA BUENFELD photograph TOM REGESTER

Spiced chicken hotpot

SERVES 4 PREP 20 mins

COOK 1 hr 30 mins EASY

4 OF
5-A-DAY

GLUTEN
FREE

FIBRE

- 2 tsp olive oil
- 2 onions (400g), halved and thickly sliced
- 2 aubergines, halved and thickly sliced
- 40g ginger, cut into fine slices
- 1 garlic clove, crushed
- 40g fresh turmeric, grated or 1 tsp ground
- ¼ tsp allspice
- 2 tsp each cumin seeds and ground coriander
- 400g can chickpeas
- 2 red peppers, deseeded and diced
- 2 tsp bouillon powder
- 50g dried apricots, halved
- 600g pack skinless chicken thigh fillets, all visible fat trimmed off, cut into large chunks
- 20g pack coriander, chopped
- 560g large potatoes, very thinly sliced (no need to peel)

1 Heat the oven to 180C/160C fan/gas 4, then heat 1 tsp of the olive oil in a large, deep flameproof casserole with a heavy base and a lid. Add the onions and a splash of water, then cover and leave to cook over a medium heat for 5 mins, until softened a little. Stir well, then add the sliced aubergines and cook, covered, for 5 mins to soften.

2 Add the ginger, garlic, turmeric, and dry spices. Stir well and tip in the chickpeas along with their water, then the peppers, bouillon, apricots, chicken and a can full

of water (400ml). Stir in the coriander, then layer the potatoes on top, slightly overlapping in a spiral pattern. Gently press to compact them and brush with the remaining 1 tsp oil. Bake for 1-1½ hrs with the lid on. Remove the cover halfway through and continue cooking until the potatoes are tender and the juices bubbling.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten-free
PER SERVING 539 kals • fat 15g • saturates 4g • carbs 52g • sugars 20g • fibre 16g • protein 41g • salt 1.1g

GOURMET LIFESTYLE

THE SUITE LIFE
THE ST. REGIS DUBAI
p83



Competitions, p87

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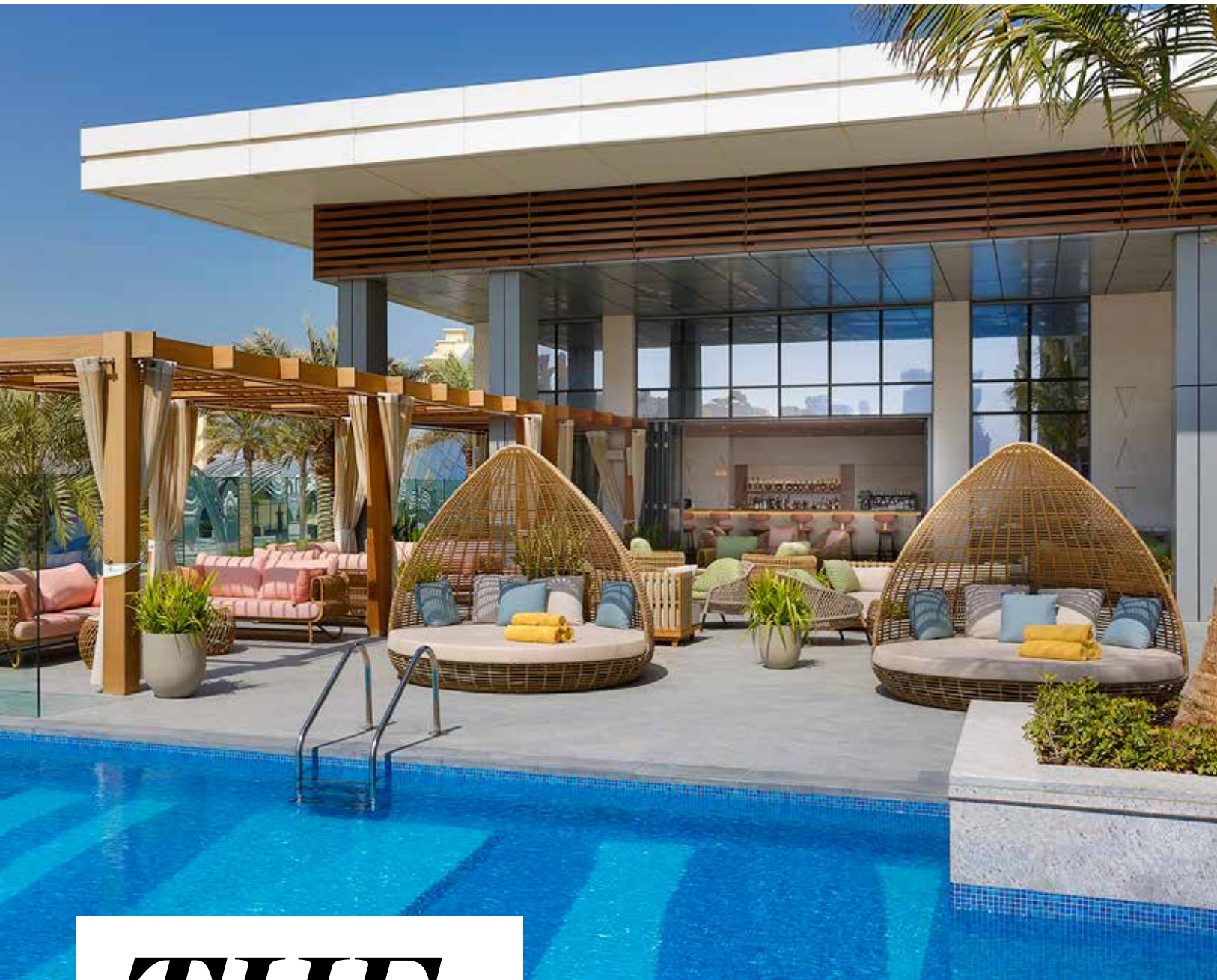
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THE SUITE LIFE

The St. Regis Dubai, The Palm offers the proverbial paradisiacal retreat to relax and rejuvenate before heading back to the rat race

The hotel, which occupies the first 18 floors of The Palm Tower, a stunning 52-story landmark development connected to Nakheel Mall at Palm Jumeirah, is the finest example of understated luxury and warmth with its plush and elegant interiors, gold finish and décor that blends local influences, contemporary art and St. Regis hallmarks.

The St. Regis brand is steeped in celebratory rituals and signature services and its Dubai address is no exception. The Palm property's lobby features the signature St. Regis grand staircase, which encircles a long and exquisite chandelier, inspired by the Arabian palm tree, and gilded with shimmering crystals, marrying local tradition with its signature designs.

Our check-in was quick, following which a butler took us up to our room. The signature St. Regis Butler Service, available to all hotel guests, is especially worthy of mention. At the touch of a button on the



room phone or a QR code that connects us through WhatsApp to the Butler service, guests may call for unlimited complimentary tea, coffee and hot chocolate, and have four pieces of clothing pressed free-of-charge for a room with two occupants.

ACCOMMODATION

The highlight of our stay was the Family room, which connects to a second room for additional members should you require them. The big plus is that the doors close very gently. The rooms boast ceiling-to-floor windows and ours included a mall view, although there are others that come with full and partial sea views if you fancy that. Marble shone everywhere within the room and the bathroom, which could easily serve as a mini spa on its own, reflecting subtle opulence. With a well-stocked mini bar, a generous number of tea bags and coffee pods, a platter of fruits and delicious Arabic sweets on the dining table and a big TV screen, we were in our comfort zone and sunk into our king size bed for a short nap after a tiring holiday that involved visiting friends and family. The room has a generous layout with enough cupboards to tuck away your suitcases and clothes, and several amenities in the bath to ensure a comfortable stay. Did I forget to add that the room and the corridors were incredibly quiet, making it an excellent hideaway for business folk and adults looking to get

away from the madding crowd? And yet, Nakheel Mall is just ten steps away from the lobby with easy access to the monorail, empowering families who want the best of both worlds to have their quietude and take the kids for some fun and games if they so desire.

GRAPE AND TRADITION

At 6.45pm, we paid a visit to the St. Regis Bar just in time to see them sabering bubbly to mark the transition from a celebratory day to a glorious evening – a signature tradition at St. Regis properties around the world.

The iconic St. Regis Bar extends the legacy of the King Cole Bar at the brand's flagship property at 55th and Fifth Ave. in New York City, where the Bloody Mary concoction was born in 1934. Guests at the St. Regis Bar in Dubai can relish The Glitzy Mary instead, a locally inspired take on the brand's signature





beverage, which features traditional Emirati flavours including date syrup, an aromatic spice blend, sun-dried lime and earthy saffron.

While you are there, step into the grape vault - designed to stimulate all your senses.

CULINARY OFFERINGS

We headed to the hotel's flagship restaurant Cordelia for Saponi D'Italia – a specially themed Italian experience created just for the summer.

A four-course menu awaited us with a steady stream of freshly baked breads arriving at the table followed by a cheese board with a variety of cheeses such as caciato, taleggio, pecorino and scarmorze to be paired with an assortment of truffle honey, fresh figs, apricots, a mix of jams and cheese crackers on the side. Veggie antipasti in olive oil and cold cuts helped whet our appetite.

We particularly liked how the team at the restaurant paced the food giving us ample time to relax and chat as we dined, leaving sufficient gaps before

bringing in the mains and dessert.

The Cavatelli with prawns, asparagus, lemon zest and chives was flavourful, and we indulged in a Porcini and Pizza al Peperone, ordering half portions to avoid food wastage. Dinner concluded with a dessert platter that included a selection of ice creams, panna cotta and ricotta cheesecake. A fine selection of grape is also available.

The restaurant is transformed in the morning to offer an extensive, more delectable breakfast spread with specific counters offering a select number of dishes from various cuisines including Arabic, Western, European and Indian as well as healthy options and a live egg station. Fresh juices, tea and coffee are served both at the table and at the counters. We relished the eggs benedict paired with salmon and cheese, some fresh fruit, freshly squeezed orange juice as well as a mix of cheese and zaatar manakish. With the weekend being a cheat day, we did not resist the temptation to tuck into crepes with Nutella, waffles and other sweet delights.

ACTIVITIES

Combining the culinary delights with light activities would be just the right way to complete your experience. We decided to go for a stroll in Nakheel Mall and booked to go to the 52nd floor to enjoy The View at The Palm, a must-see if you are staying at the hotel. The tale of how the Palm Jumeirah was brought to fruition and each of its milestones is truly inspirational.

Following that, one may choose between the Exercise room, the two fabulous infinity pools or the spa, or decide to try them all. We opted for the infinity pool and felt refreshed and ready to take on the world after our staycation. What makes this hotel alluring is the fact that it is just a stone's throw away from the buzz in the city and yet, once you walk in, it envelopes you in its warmth and comfort, and you feel like you have stepped into paradise for a brief period.

BOOK NOW

Rooms available from AED800 per night. Visit [marriott.com/en-us/hotels/dxbpx-the-st-regis-dubai-the-palm](https://www.marriott.com/en-us/hotels/dxbpx-the-st-regis-dubai-the-palm)



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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



EARLY CHRISTMAS BRUNCH AT HILLHOUSE BRASSERIE, WORTH OVER AED1,450

Hillhouse Brasserie and The Duck Hook situated at the heart of Dubai Hills Golf Club, invites diners to get into the early holiday spirit with a fun-filled festive family feast with their Countdown to Christmas Brunch. The award-winning venues serve a mix of meat and vegetarian classics. The special menu boasts festive nibbles, mains and indulgent desserts, all perfectly paired with classic Christmas tunes and seasonal concoctions befitting the joyous occasion. One lucky winner will get the chance to experience the merriment with a table of four, including the house beverage package on October 21 and 22.



BREAKFAST AT ROOM 1618, WORTH AED500

Room 1618 situated at Mirdif Hills Avenue Mall is a delightful neo-classic lounge and patisserie. The menu showcases a range of delights including Nutella pain au chocolat, chambre apple galette, cheese flatbread with brie, halloumi and spicy tomato jam, amongst other creations. An airy, elegant space for diners to satisfy their sweet tooth, one winner will receive a breakfast voucher to indulge on sweet and savoury specials.



MEAL AT NONYA, TAJ JUMEIRAH LAKE TOWERS, WORTH AED500

Nonya serves authentic Pan-Asian cuisine at the heart of the Jumeirah Lake Towers neighbourhood. A contemporary Asian restaurant with influences from Peranakan culture, Nonya offers a menu featuring delightful dishes with a tantalising mix of aromas and spices. For a concoction after dinner, the dim-lit indoor dining area and lively alfresco setting by the garden make for the perfect spots to unwind and enjoy until late into the night. One lucky winner will receive a voucher to dine at Nonya, Taj Jumeirah Lake Towers.



VOUCHER FOR ICE CREAM AT ISCREAM, WORTH AED500

Five winners will receive an AED100 voucher each, to indulge in luscious ice cream. iScream, located on Jumeirah beach road, boasts creative, playful ice cream flavours and frozen desserts featuring unique flavours from Oreo yogurt, vegan coconut, tabbouleh, spring roll, ketchup and tahina, to innovative creations such as the iScream cloud (cotton candy wrapped around a cone with a scoop of iScream's range of flavours) and 'Screamelon' (fresh watermelon slice with soft serve tucked in between).



AFTERNOON TEA AT ASPEN BY KEMPINSKI, WORTH AED600

Aspen by Kempinski offers a lavish Afternoon tea featuring a delectable variety of scones, assorted macaroons, sandwiches, wraps and sweet pastries made fresh every day. Diners can unwind and indulge on savoury baby shrimp tart with mango salsa, Scottish smoked salmon and cream cheese sandwich, caramelized goats' cheese with orange marmalade on crispy ciabatta and mini berries tart to name a few treats. One winner will win an afternoon tea voucher for four pax.



BRUNCH FOR TWO AT HOTEL CARTAGENA, WORTH OVER AED 500

One winner will get the chance to dine at Hotel Cartagena. An upbeat venue with stunning views of the bustling city, live performances and an in-house DJ, it's the perfect way to enjoy your weekend. Tuck into a selection of the best Latin American dishes such as chicken chicharrones, smoked BBQ quesadilla and carne asada with unlimited soft drinks, and desserts, served in spectacular fun cages.



DINING VOUCHER AT INDIA PALACE, WORTH AED500

One lucky winner will receive a voucher to experience authentic heritage dining at Indian Palace. The menu features the heritage of Mughlai hospitality and exquisite Indian cuisine including succulent tandoor, seafood, mutton and vegetarian kebab platters, and flavoursome biryani. Indian Palace, which originally opened in 1997, invites families and friends to enjoy a heartwarming cultural meal in a warm setting.



LUNCH OR DINNER AT YAVA, WORTH AED500

YAVA inspired by Mediterranean and Palestinian flavours offers an array of specialities including chicken Greek meatballs, feta yogurt; msakhan pretzel and linguine al limone. As well as decadent desserts such as tahini souffle, Nutella babka, chocolate fondant and tiramisu, to name a few. One winner will win a voucher to immerse themselves in this Mediterranean hideaway.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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Book now: 04-366 9187 | restaurants.mediacity.dubai@radissonblu.com

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